The Bean Cookbook

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Dry Beans and MyPyramid.gov

The Dietary Guidelines for Americans 2005 encourage most Americans to eat fewer calories, be more active and make wiser food choices. Cooked dry beans are a part of two food groups—Vegetables and Lean Meat and Beans.

Vegetable Group: The new message is that the Guidelines and MyPyramid.gov use 5 vegetable subgroups to encourage variety and wiser food choices. Dry beans are part of the Legume subgroup. The guidelines recommend eating more dry beans, such as pinto and kidney beans. Adults consuming 1,800 to 2,400 calories daily should eat 3 cups, or 6 servings, each week. One adult serving is ½ cup. Try the following ideas to get extra beans in your meals: Add a can or two of beans to a pot of soup, top a salad with a handful of black or garbanzo beans, add a can of pinto beans to a casserole, or eat beans as a hot vegetable with your main dish.

Meat and Beans Group: Vary your protein routine; eat lean or low-fat. Choose more beans. (Wise food choices again.) One-fourth cup cooked dry beans is a one-ounce serving of protein; a ½-cup serving is 2 ounces of lean protein. Adults who eat 1,600 to 2,000 calorie diets should eat 5 to 5½ ounces of the lean meat and beans group daily. Dry beans are naturally low-fat. Choose fat-free ingredients, recipes with less fat and meat, and add beans to your recipe until each serving includes ½ to 1 cup. Taste the dish and increase the seasoning in the recipe to keep the original flavor. Write the change and amount on the recipe so you can easily do it again.

For example, *Taco Burrito Filling*, page 67: 1 pound hamburger, 1 can chili beans, 1½ cups cheddar cheese. 1 taco = ⅛ cup beans; 271 calories, 35% calories from fat per taco.

Three months later, change Taco Burrito Filling recipe: 1 pound hamburger, 2 cans chili beans, reduced-fat cheese. 1 taco = ¼ cup beans; 271 calories, 24% calories from fat per taco.

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Soup recipe pictured on the cover is Senate Bean Soup, page 131,
with diced red and green peppers.

INTRODUCTION

The WIC staff and Northarvest Bean Growers Association hope you enjoy these delicious bean recipes. Many of the recipes use canned beans instead of dry beans and are very easy to prepare. If you'd like to learn how to use dry beans follow the easy directions in this book. Cooking dry beans doesn't take a lot of time, but it does take timing. Getting a pot of beans soaking while making supper makes it easy to cook up the beans the next night.

Try bean soups, chilies, baked bean casseroles, tacos and enchiladas. People all over the world serve beans the way we eat potatoes — at least once a day, and sometimes with every meal. Because beans are high in protein, use them in place of meat for main dishes. Save money on your grocery bill, add fiber and a nutrient-rich vegetable to your healthy eating style—use beans more often.

BEAN ARITHMETIC

One pound (or 2 cups) of dry beans will give you 5 to 6 cups cooked beans. A 15½ – 16 ounce can (drained) will give you 1⅔ cups of cooked beans. If a recipe calls for cooking 1 pound of dry beans, the recipes in this cookbook ask you to substitute three 15½ – 16 ounce cans (drained). In 2008, the WIC food package changed to 4 16-ounce cans or 64 ounces of beans to equal 1 pound of dry beans.

HOW TO COOK DRY BEANS

Large white beans cook the quickest. Navy beans and small white beans take the longest time to cook. Colored and spotted beans take longer to cook than large white beans and will have a more distinct flavor. Before dry beans can be used in recipes, they must be plumped up with water. You

do this by soaking them for several hours. We recommend the hot soak method. With this method beans cook to a tender stage in about 30 to 45 minutes.

CLEANING: Before soaking beans, pick them over, removing any small rocks or dirt pieces. Put the beans in a strainer, sieve or colander. Rinse with cold water.

HOT SOAK: In a large pot, heat 10 cups of water to boiling for each pound (2 cups) of beans. Add dry beans. Boil 2 to 3 minutes (blanch). Remove from heat, cover and let stand 4 hours or overnight (not more than 16 hours). Do not remove lid while beans are soaking. To cook beans in a hurry, start to cook the beans after 1 hour of soaking. When the beans are done soaking, drain off soak water. Rinse both beans and pan with fresh water. Follow recipe directions. If the recipe calls for cooked beans, cover the beans with fresh cold water; add 1 to 3 teaspoons of salt. Bring to a boil, reduce heat and simmer until tender, 10 minutes minimum (usually 15 to 45 minutes).

TRADITIONAL SOAK: Clean and rinse beans; cover with 3 times as much water as beans (e.g., 1 cup beans to 3 cups water; 2 cups beans to 6 cups water, etc.). Soak overnight. Drain and use as directed in recipe or cover with water and simmer about 1 to 2 hours until tender.

REFRIGERATOR SOAK: In a refrigerator container with a lid, add 3 cups of cold water to each cup of dry beans; cover and refrigerate for 1 to 3 days.

COOKING A POT O' BEANS: Clean and rinse 1 pound or 2 cups of dry beans. Put the dry beans into a 4-quart (1 gallon) pot with 6 cups cold water and 1 teaspoon salt. Heat beans and water to a simmer; simmer 1 hour. Remove a bean and mash it with a spoon. If the bean is tender, serve the beans hot or use in a recipe. If the bean is not tender, continue to simmer, testing a bean every 15 to 30 minutes. Refer to page 2 for a listing of which dry beans need a shorter (1-1 hours) or longer (2-4 or 5 hours) time to cook. A 1-hour Quick Hot Soak will cut the cooking time in half; a 4-16 hour Hot Soak will result in an even shorter cooking time. Because of busy lifestyles and limited time, most cooks choose to soak dry beans, but dry beans can be combined with adequate water and salt, if desired, and simmered until tender.

CROCKPOT COOKING: For each cup of dry beans: In a large pot, heat 3 cups of water to boiling. Add beans, ½ to 1½ teaspoons salt, and simmer for 10 minutes on the stove top. Pour beans and hot liquid into the crockpot set on low or high and cook until tender. Most crock pots have two settings, low or high. Some have a programmable timer that allows you to cook on high and/or low, then switch to warm for 4 hours or less. Follow hint #2 (page 5) when adding other ingredients. Follow rules for safe handling of leftovers; refrigerate promptly. Do not reheat in a crockpot. Food should be reheated by a quicker method; then a crockpot may be used to keep the food hot while serving.

CANNED BEANS SUBSTITUTION: Baked beans, pork and beans and vegetarian beans may be substituted for each other in any recipe. If you can't find the exact bean listed in a recipe, substitute a similar colored bean or use your family's favorite bean in place of that one.

HINTS FOR TENDER BEANS:

- Use the "Hot Soak" for the tenderest beans.

- Dry beans will not soften when cooked if other ingredients that contain acid or calcium are added before the beans are tender even with a longer cooking time. Acidic ingredients are tomatoes, vinegar, ketchup, chili sauce and lemon juice. Molasses contains both calcium and acid. Since hard water contains calcium, use bottled or filtered water for both soaking and cooking.

- <u>After the beans are tender</u>, ingredients with acid or calcium may be added. Then they will help keep the beans intact and add wonderful flavor to the dish. Be sure to read any new bean recipe carefully and use these rules to help you become a successful bean cook.

- Many old recipes call for adding 1/8 teaspoon of baking soda for each cup of dry beans. This helped soften the beans especially in areas where the water was very hard (contained a lot of calcium). This also causes the loss of the B vitamin thiamin and may give the beans a funny flavor. Rather than adding soda to soften the beans, use bottled or filtered water to hot soak and cook the beans.

Tootless Crockpot Beans

Starting With One Pound of Dry Beans

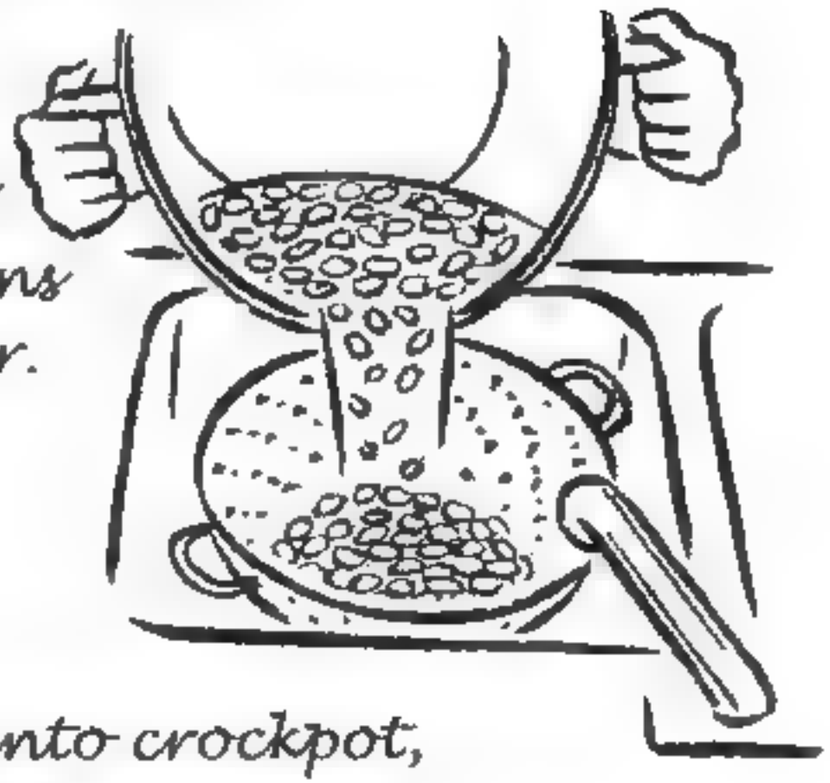
A four to sixteen hour Hot Soak, drain and rinse will reduce the "gassy sugars" in beans by 75% or more. Eating cooked beans 3 to 7 times a week, gradually increasing the amount, allows the digestive system to adapt to the sugars and increased fiber.

1 In a large pot, heat 10 cups of water and 1-teaspoon salt to boiling.

2 Add cleaned dry beans, boil 2 - 3 minutes (blanch).

3 Remove from heat, cover and let stand 4 - 16 hours (soak).

4 Drain, discarding soak water, rinse beans with fresh, cold water.



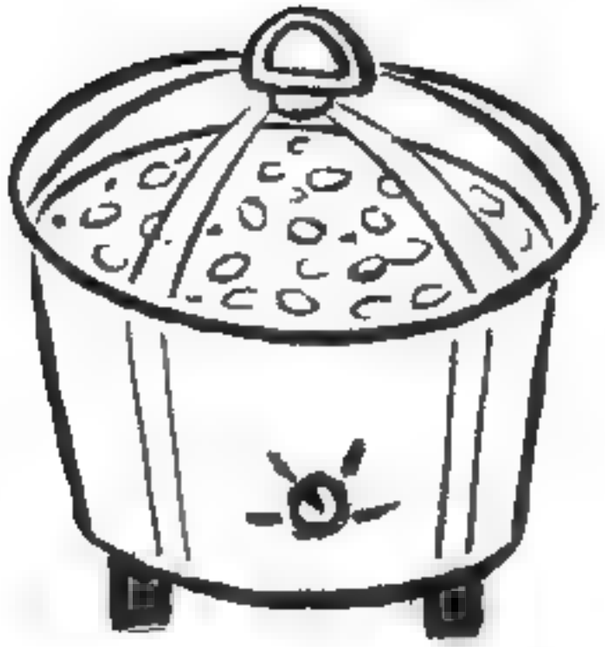
5 Pour beans into crockpot,
cover with fresh, cold water,
add 1-teaspoon salt.
Cook on Low 8 - 12 hours.
Use in a recipe, refrigerate or freeze.

No-Fail Crockpot Beans
Starting With One Pound of Dry Beans

1 Sort dry beans, removing any small rocks or dirt pieces. Put the beans into a strainer. Rinse with cold water.

2 In a large pot, heat 6 cups water and 1 teaspoon salt to boiling.

3 Add beans,
Simmer for 10 minutes
on the stovetop.



4 Pour beans and
hot liquid into crockpot and
cook on Low overnight
(8 - 12 hours).

Use in a recipe, refrigerate or freeze in 2-cup containers: each equals 1 15.5-ounce can. (This cooking method consistently cooks beans in all crockpots but does not reduce the gas.)

TIME SAVER: Cook up a large pot of beans. Freeze the beans in one-to two-cup amounts. Cover the beans with cooking liquid or water to resist freezer burn. Thaw frozen beans using the defrost cycle in your microwave, putting them in the refrigerator overnight, or setting them in a pan of WARM water for one hour. Use the microwave for reheating beans. There is less stirring needed and less chance of scorching compared to reheating on the top of the stove.

If you need to start a recipe later in the day, combine several beginning steps. Be careful to check the ingredient list so that no calcium - or acid-containing ingredients are used when cooking dry beans. If those ingredients are included, delay adding them until the beans are tender.

FOOD SAFETY: Because beans are a high-protein, low-acid food, you need to handle them like meat dishes. Keep hot dishes hot (140° to 165°) and cold dishes cold (under 40°).

GAS - GAS - GAS: Beans cause intestinal gas in most people. You can cut down on GAS by:

- Adding beans to your diet slowly over a three to eight week period. Once you are eating beans on a regular basis, you will have less of a problem with gas.
- Soaking and cooking the beans using the "hot soak" method. This method gets rid of many of the gas-producing substances in beans.
- Chewing the beans well and slowly to help digest them.
- Drinking plenty of water and other fluids to help your system handle the extra fiber from the beans and many strong-flavored vegetables.

SPICE ADVICE:

- Beans must be simmered for a few minutes or refrigerated for several hours with the seasoning to absorb the flavor.
- Both heat and light affect spice and herb flavors. Store spices in a dark, cool place, tightly sealed. Whole spices retain their flavor longer than ground.
- Ground spices lose flavor as they age. If ground spice is added to a recipe and the expected flavor is not obtained, add enough to achieve the desired taste and throw the rest. Next time, buy less spice, keep less stored at room temperature, and freeze the rest. Canning jars make good freezer storage containers for extra supplies of ground spices.
- Whole cumin can be substituted equally for ground cumin and is edible.
- Whole bay leaves can be substituted for ground bay leaf but must be removed before serving. Whole bay leaf is inedible; ground bay leaf may be safely eaten.
- Jalapeno mild pepper sauce and hot pepper sauce may be used to replace fresh or dried chiles.
- The power or intensity of spice in a finished dish will be affected by when it is added. Spices and flavorings (onion, garlic) added early tend to be drawn off into the main ingredients and flavor the dish evenly. Adding them toward the end of the cooking time results in a spicier tasting product.
- Adding a can or two of cooked, drained and rinsed dry beans and simmering for 10 minutes will make a dish that is too hot to eat milder.
- Drinking milk can relieve a hot pepper, chile, ambush.

NUTRITION INFORMATION:

CALORIES: One cup of cooked beans contains about 230 calories.

PROTEIN: One cup of beans will provide over one-third of your daily protein needs.

FIBER: Beans are high in soluble fiber, which helps your heart health and digestion.

IRON: Beans are high in iron. However, in order for your body to absorb the iron, eat foods rich in vitamin C along with the beans. Foods rich in vitamin C include oranges and orange juice, tomato products, green peppers, cantaloupe, cabbage and broccoli.

SODIUM: Beans are naturally low in sodium. However, many old family favorite recipes may call for adding large amounts of salt. If a recipe calls for a tablespoon of salt, try adding only 1 to 1½ teaspoons salt (you can always add more after cooking). Canned beans almost always have added salt. To cut down on this salt, by 40% drain the canning liquid and rinse with water before adding to a recipe. If substituting canned beans in a recipe that calls for cooked dry beans, do not add any salt that may be listed in the recipe.

FAT: Beans are naturally low in fat. Many recipes call for adding cooking oil or shortening. This helps prevent boiling or foaming over the edge of the pot while the beans are cooking. If the recipe

calls for tablespoons of fat, try adding only teaspoons.

"BEANEFIT" COMPARISONS

CALORIES

1 cup cooked dry beans	= 1 7-ounce baked potato
	= 1 cup cooked pasta
	= 1 cup cooked rice

CARBOHYDRATE

1 cup cooked dry beans	= 1 cup cooked pasta

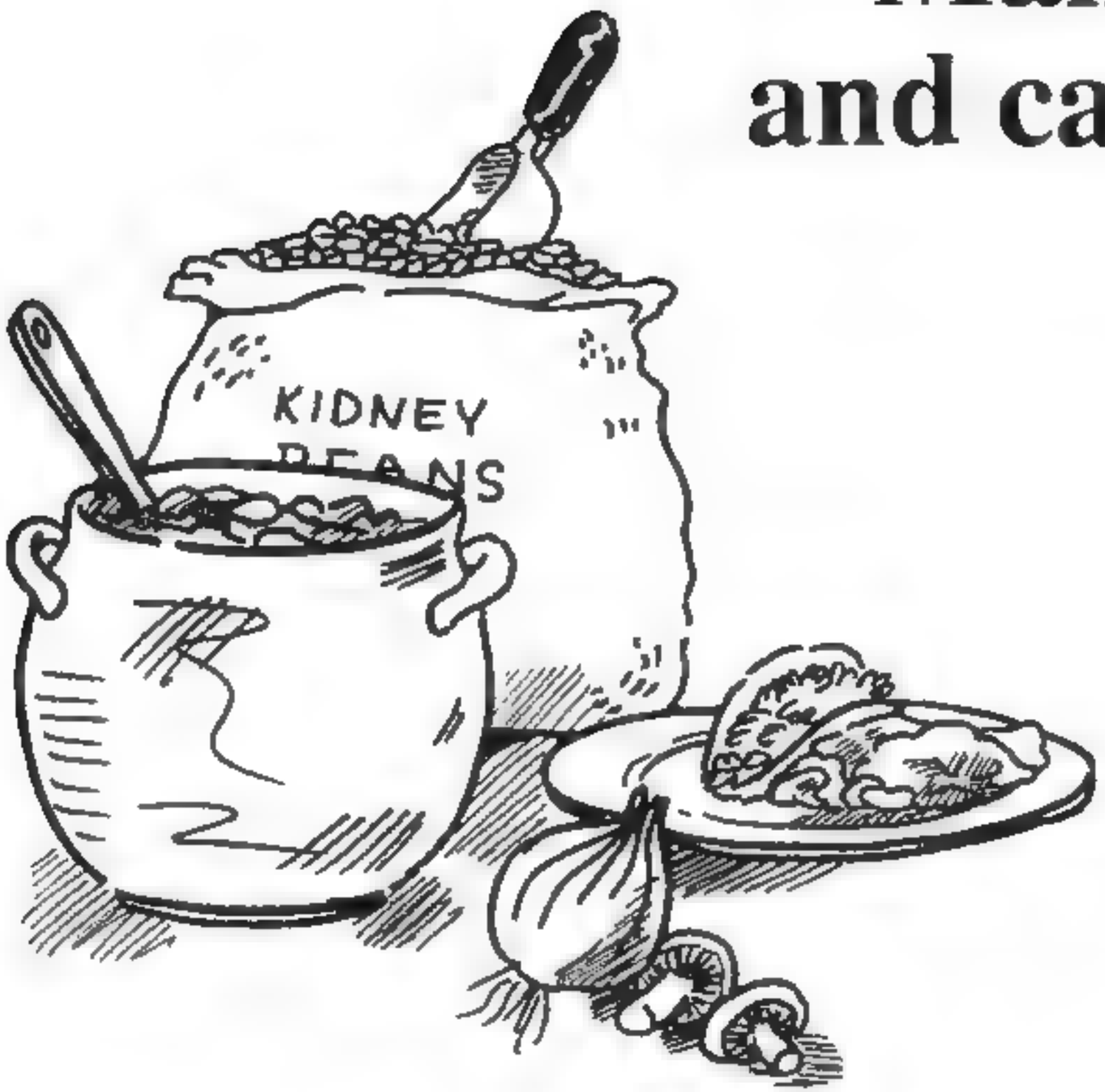
FIBER

½ cup cooked kidney beans (beans	= 10 dried prunes
contain both pectin and cellulose)	= 2 medium apples with peel
	= 1 cup raisin bran cereal

FOLATE

1 cup cooked pinto beans	= ¾ daily requirement (294 mcg)
1 cup canned spinach	= ½ daily requirement (209 mcg)
4 ounces pork liver	= ½ daily requirement (185 mcg)
2 ounces chicken liver	= full daily requirement (436 mcg)

Main dishes and casseroles



1 cup fortified cereal	= full daily requirement (400 mcg)

FAT/CHOLESTEROL

1 cup cooked dry beans	= 0.4 g fat, 0 mg cholesterol
3 ounces tuna, water packed, drained	= 0.4 g fat, 47 mg cholesterol
½ chicken breast, roasted, skinless	= 3 g fat, 73 mg cholesterol
4 ounces ground beef, lean (18% fat – 82% lean)	= 21 g fat, 99 mg cholesterol

POTASSIUM

½ cup cooked pinto beans	= 1 medium banana

SODIUM

1 cup cooked dry beans (when no salt is added during cooking)	= 5-15 mg sodium

½ CUP COOKED DRY BEANS **AVERAGE NUTRIENT PROFILE**

(Pinto, Navy, Dark and Light Red Kidney, Black)

116 calories, carbohydrates 21g, protein 8g, fat 0.5g, 4% calories from fat, dietary fiber 7g, soluble fiber 2.3 g, folate 116 mcg, calcium 35 mg, iron 2 mg, magnesium 48 mg, potassium 349 mg, sodium 2 mg

EASY SUPPER

Nutrition Note: This recipe makes 6 servings Each serving has 240 calories, 6 g fat, 20 g protein, 31 g carbohydrates, 5 g fiber, 138 mg calcium, 71 mcg folate, 429 mg potassium, and 990 mg sodium.

Ingredients:

- ½ pound lean hamburger
- 1 onion, chopped
- 1 cup dry macaroni
- 2½ cups tomato juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon chili powder
- 1 teaspoon oregano, crushed
- 1 can (15½-ounce) chili beans
- 1 cup grated reduced-fat cheddar cheese

Method:

1. Brown hamburger in a large frying pan or electric skillet. Drain off fat.
2. Add onion to hamburger and cook until onion is clear.
3. Turn heat down to simmer; add macaroni, juice, spices and beans; stir to combine.
4. Simmer, covered, for 20 minutes. (If you uncover the pan to check and stir more than twice, add additional tomato juice).
5. Remove from heat; stir; sprinkle cheese on top. Cover and let cheese melt.

POTATO SCALLOP

Nutrition Note: This recipe makes 4 servings Each serving has 342 calories, 12 g fat, 24 g protein, 34 g carbohydrates, 8 g fiber, 254 mg calcium, 63 mcg folate, 1192 mg potassium, and 732 mg sodium.

Ingredients:

- ½ pound lean ground beef
- 1 medium onion, diced
- Salt and pepper
- 3 medium potatoes
- 2 cups or 1 can (15½-ounce) drained, cooked kidney beans
- ½ cup *Casserole Sauce Mix* (page 152)
- 1½ cups water or skim milk

Method:

1. In a heavy frying pan or electric skillet, brown the beef. Add onion to beef. Cook until onion is tender and clear. Drain grease. Add salt and pepper to taste.
2. Peel and slice potatoes.
3. Grease a 3-quart casserole; layer half of hamburger, beans and potatoes; repeat.
4. Add ½ cup casserole sauce mix to 1½ cups water in a small bowl and mix with a whip. Pour sauce over the layers (substitution: 1 can condensed soup and 1 can milk).
5. Bake uncovered at 350° until potato slices are tender and brown on top, about 1 hour.

This casserole may be increased to 8 servings by doubling all ingredients except the mix and water. Use ¼ cup mix with enough water to make 2 cups liquid. Bake 1½ to 2 hours.

BUCKAROO BEANS

Nutrition Note: This recipe makes 6 servings Each serving has 326 calories, 5 g fat, 21 g protein, 47 g carbohydrates, 15 g fiber, 122 mg calcium, 14 mcg folate, 1,133 mg potassium, and 1,031 mg sodium.

Ingredients:

- 1 pound (2 cups) dry pinto beans
- 6 cups water
- 1 teaspoon salt
- ½ pound uncooked ham, cut in cubes
- 1 large onion, thickly sliced
- 1 teaspoon garlic powder, or dry minced garlic, or 2 large cloves garlic, thinly sliced
- 1 small bay leaf
- 2 cups (16-ounce can) tomatoes
- ½ cup chopped green pepper
- 2 teaspoons chili powder
- 2 tablespoons brown sugar
- ½ teaspoon dry mustard
- ¼ teaspoon oregano or cumin

Method:

1. Soak beans using hot soak method. (Do the night before or early in the day.)
2. Combine soaked, drained beans, 6 cups water, salt, ham, onion, garlic and bay leaf in a large kettle. Cover and simmer until beans are tender (1 hour).
3. Add remaining ingredients, cover and simmer 2 hours. There should be enough liquid left on beans to resemble medium-thick gravy.

BEAN BAKE

Nutrition Note: This recipe makes 8 servings Each serving has 290 calories, 12 g fat, 19 g protein, 30 g carbohydrates, 6 g fiber, 53 mg calcium, 5 mcg folate, 266 mg potassium, and 811 mg sodium.

Ingredients:

- 1 pound lean ground beef
- 1 can (15½-ounce) kidney beans, drained
- 1 can (16-ounce) vegetarian beans
- 1 small onion, chopped
- ¼ cup catsup
- ½ cup brown sugar
- 1 tablespoon Worcestershire sauce

Method:

1. Brown ground beef; drain off fat.
2. Mix all ingredients in a 2-quart casserole.
3. Bake 1 to 1½ hours in a 350° oven. Stir after 30 minutes.

Optional: Use 1 pound home-cooked beans instead of canned beans.
Substitute 1 package dry onion soup mix for 1 chopped onion
Add: 1 tablespoon vinegar
1 tablespoon prepared mustard
½ cup reduced-fat cheddar or Colby cheese, cubed

CALICO BEANS

Nutrition Note: This recipe makes 12 servings Each serving has 481 calories, 16 g fat, 24 g protein, 64 g carbohydrates, 14 g fiber, 117 mg calcium, 108 mcg folate, 886 mg potassium, and 1,224 mg sodium.

Ingredients:

- ½ pound bacon, cut into 1-inch pieces
- 1 pound lean ground beef
- 1 medium onion, chopped
- ¾ cup brown sugar
- ½ cup chili sauce
- 2 tablespoons vinegar
- 1 teaspoon dry mustard
- 2 cans (16-ounces each) pork and beans
- 1 can (15-ounce) kidney beans
- 1 can (15-ounce) lima beans
- 1 can (15-ounce) navy beans
- 1 can (15-ounce) butter beans
- 1 can (15-ounce) pinto beans

Method:

1. Fry bacon in skillet until crisp. Discard all fat.
2. Brown ground beef and onion in same skillet.
3. Drain beans (do not drain the pork and beans).
4. Combine all ingredients.
5. Bake, covered, at 350° for 45 minutes.

Calico Beans freeze well.

BRONCO BEAN BAKE

Nutrition Note: This recipe makes 6 servings Each serving has 302 calories, 9 g fat, 16 g protein, 42 g carbohydrates, 7 g fiber, 83 mg calcium, 82 mcg folate, 921 mg potassium, and 474 mg sodium.

Ingredients:

- 1 pound dry navy or pinto beans
- 1 pound kidney beans
- 1 pound low-fat turkey sausage
- ½ pound smoked ham, cubed
- 1 tablespoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon dry mustard
- 1 can (8-ounce) tomato sauce or paste
- ½ cup catsup
- ¼ cup brown sugar or molasses
- 1 medium onion, chopped

Method:

1. Soak the navy and kidney beans separately using hot soak method. Do this the night before or early in the day.
2. After soaking, drain beans. Put navy and kidney beans in separate kettles. Cover with water and simmer until tender.
3. Place sausage in skillet, add a small amount of water, cover and simmer 5 minutes. Remove lid and fry until brown. Cut each link into 2 or 3 pieces (diagonal cuts).
4. Preheat oven to 400°. Combine sausage and ham with cooked beans.

(continued)

BRONCO BEAN BAKE (continued)

5. Combine seasonings, tomato sauce or paste, catsup, brown sugar or molasses, and onion. Add to beans and meat.
6. Pour mixture into a 3-quart casserole. Bake, uncovered, for 1 hour.

Substitution: 1 pound hamburger for sausage and ham.

BRONCO BEAN BAKE (continued)

5. Combine seasonings, tomato sauce or paste, catsup, brown sugar or molasses, and onion. Add to beans and meat.
6. Pour mixture into a 3-quart casserole. Bake, uncovered, for 1 hour.

Substitution: 1 pound hamburger for sausage and ham.

APPLE BEAN BAKE

Nutrition Note: This recipe makes 6 servings Each serving has 105 calories, 1 g fat, 4 g protein, 22 g carbohydrates, 4 g fiber, 46 mg calcium, 6 mcg folate, 223 mg potassium, and 238 mg sodium.

Ingredients:

1 can (16-ounce) pork and beans (remove the "pork" and discard)
2 small golden delicious apples, cored and cubed (other types of apples may be used, but will need to be peeled)
2 tablespoons brown sugar
½ teaspoon cinnamon

Microwave Method:

1. Combine all ingredients in a 1-or 2-quart microwave-safe casserole dish.
2. Microwave uncovered on high 4 minutes. Turn halfway and stir.
3. Microwave on high another 4 minutes until the apples are tender and rise to the surface.

Stovetop Method:

1. Combine all ingredients in a 1-or 2-quart saucepan.
2. Simmer until the apples are tender and rise to the surface. Stir occasionally.

Serve hot as a vegetable with any meal.

BOSTON BAKED BEANS

Nutrition Note: This recipe makes 12 servings Each serving has 182 calories, 2 g fat, 8 g protein, 34 g carbohydrates, 9 g fiber, 90 mg calcium, 123 mcg folate, 566 mg potassium, and 55 mg sodium.

Ingredients:

- 1 pound (2 cups) dry navy beans
- ¼ pound bacon
- 1 medium onion
- ½ cup molasses
- ½ teaspoon dry mustard
- Black pepper to taste

Method:

1. Sort and rinse dry beans. Soak using the hot soak method.
2. Cover soaked, drained beans with fresh, cold water. Simmer until tender.
3. Drain beans, reserving liquid. Cut bacon into small pieces. Dice onion.
4. In a bean pot or 3-quart covered casserole, combine beans, bacon, onion, molasses, dry mustard, pepper and 2 cups bean liquid.
5. Bake at 300° for 6 to 8 hours. Stir occasionally. Refrigerate extra liquid and add as needed to keep beans moist.

Optional ingredients: ½ cup brown sugar, ¼ cup catsup, one 8-ounce slice uncooked ham, cut into large pieces

SOUTHERN-STYLE BAKED BEANS

Nutrition Note This recipe makes 12 servings Each serving has 222 calories, 5 g fat, 10 g protein, 35 g carbohydrates, 10 g fiber, 86 mg calcium, 124 mcg folate, 543 mg potassium, and 219 mg sodium.

Ingredients:

- 1 pound (2 cups) dry navy beans
- 6 cups water
- 2 garlic cloves
- 1 onion, diced
- 1 teaspoon mild jalapeno sauce
- 1 bay leaf
- ¾ pound bacon, cut in small pieces
- ¼ cup molasses
- ¼ cup brown sugar
- ¼ cup ketchup
- 1 teaspoon dry mustard
- ½ teaspoon ground ginger
- 1½ teaspoons Worcestershire sauce

Method:

1. Sort and rinse dry beans. Soak using the hot soak method.
2. Finely mince peeled garlic cloves. Dice onion.
3. Drain and rinse soaked beans. Add water, garlic, onion, jalapeno sauce and bay leaf to soaked beans. Stir to combine.

SOUTHERN-STYLE BAKED BEANS (continued)

4. Simmer until beans are tender (30 to 60 minutes).
5. Drain cooked beans, reserving liquid.
6. In a 3-or 4-quart casserole or pot, combine 2 cups bean liquid, bacon, molasses, brown sugar, ketchup, mustard, ginger and Worcestershire sauce with cooked beans.
7. Bake at 350° for 2 hours (300° for 4 to 8 hours). Stir occasionally. Refrigerate extra liquid, add as needed to keep beans moist. Add jalapeno sauce to taste as dish cooks. Flavor improves with extended baking.

PORTUGUESE BEANS

Nutrition Note: This recipe makes 13 one - cup servings. Each serving has 283 calories, 1 5 g fat, 17 g protein, 52 g carbohydrates, 12 g fiber, 142 mg calcium, 11 mcg folate, 426 potassium, and 933 mg sodium.

Ingredients:

- 2 pounds dry pinto beans
  Or 6 cans (15 16 ounce) pinto beans
- 1 tablespoon salt
- 1 tablespoon salt
- 1 large bay leaf
- 1 stick cinnamon
- 12 whole allspice
- 8 whole cloves (or 1 t. ground cloves added to sauce)

Sauce:

- ½ pound bacon, cut into ½ inch pieces
- 2 medium onions, choppe
- 4 cloves garlic, diced
- 4 8-ounce cans tomato sauce
  (or 2 15-ounce cans)
- 2½ teaspoons cumin
- ½ teaspoon chili powder
- ¾ teaspoon black pepper
- 2 tablespoons parsley flakes or
  ½ cup fresh chopped parsley

(continued)

PORTUGUESE BEANS (conitnued)

Method:

1. Hot soak pinto beans. Bring 20 cups cold water and 1 tablespoon salt to a boil in an 8 - quart or larger pot. Add 2 pounds, (4 cups), pinto beans and simmer 2 3 minutes. Remove from heat and cover. Let stand 1 16 hours.
2. Drain and rinse beans, rinse the pan. Pour beans back into pot, cover completely with cold water. Add 1 tablespoon salt and first spice list. Simmer until beans are tender, 30 to 90 minutes (1 ½ hours.) Check and stir every 30 minutes.
   Substitute drained and rinsed canned beans, skip bean cooking steps and salt. Pour beans into large pot, barely cover with fresh water and heat as sauce is prepared.
3. Prepare sauce. Brown the bacon in a frying pan. Add onions and garlic and sauté for 3 5 minutes. Turn heat off, use a ladle to pour some hot bean liquid into the pan and scrape browned bits off the pan. Pour bacon-onion mixture into the beans. Add tomato sauce and sauce spices to the beans. Mix and simmer on top of the stove for an hour or more.
4. Simmer bean mixture uncovered to reduce the liquid and thicken for a vegetable side dish. Cover pot to make thinner, soupier beans to serve in a bowl.
5. Refrigerate and/or freeze leftovers.

GINGERED RICE AND BEANS

Nutrition Note: This recipe makes 12 servings Each serving has 141 calories, 3 g fat, 7 g protein, 23 g carbohydrates, 3 g fiber, 104 mg calcium, 39 mcg folate, 294 mg potassium, and 399 mg sodium.

Ingredients:

- 1 can (15.5-ounce) navy beans
- 3 cups water
- ½ cup slivered or chopped almonds
- 1 cup dry milk powder
- 1 cup (8 ounces) wild rice
- 1 package dry onion soup mix
- ½ teaspoon ground ginger

Method:

1. Combine ingredients in a crockpot.
2. Cook on low for 6 to 8 hours; high for 2 to 3 hours. Add extra water, if needed.
3. Alternate cooking method: Combine ingredients in a 2-quart greased casserole. Bake covered at 225° for 1½ hours.
4. Substituting whole or 2% milk for the water, or cream for half of the water, will add calories and creamy flavor.

SWEET BAKED BEANS

Nutrition Note: This recipe makes 16 servings Each serving has 150 calories, 1 g fat, 7 g protein, 28 g carbohydrates, 3 g fiber, 37 mg calcium, 52 mcg folate, 296 mg potassium, and 291 mg sodium.

Ingredients:

- 1 pound (2 cups) dry pinto beans
- 1 teaspoon salt
- 10 cups cold water
- ½ pound cooked, smoked ham pieces
- 1 cup chopped white onion
- ½ cup real maple syrup
- ¾ cup dark brown sugar
- ½ teaspoon dry mustard
- ¾ cup ketchup
- ¾ teaspoon Worcestershire sauce
- ½ cup cold water

Method:

1. In a 4-quart kettle, add salt to 10 cups water and heat to boiling.
2. Sort dry beans into a strainer and rinse with cold water.
3. Add beans to water and boil for 10 minutes.
4. Pour beans and water into a crockpot and cook overnight on low, or 1 to 2 hours on high, until beans are tender.
5. Drain beans and return to crockpot.
6. Add remaining ingredients, stir and simmer 5 to 8 hours. Add more water, if needed, to keep beans moist.

PORK AND BEANS

Nutrition Note: This recipe makes 12 servings Each serving has 238 calories, 4 g fat, 14 g protein, 36 g carbohydrates, 10 g fiber, 89 mg calcium, 126 mcg folate, 643 mg potassium, and 89 mg sodium.

Ingredients:

- 1 pound dry navy beans
- ½ pound lean pork loin, cubed
- 1 tablespoon oil
- 1 clove garlic, finely chopped, or ½ teaspoon garlic powder
- 2 medium onions, finely chopped
- ¼ pound bacon, cut in ½-inch pieces
- ⅓ cup molasses
- ¼ cup brown sugar
- 2 tablespoons tomato paste
- 1 teaspoon cumin
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon mild jalapeno sauce
- 6 drops hot pepper sauce*

Method:

1. Sort and rinse dry beans. Soak using the hot soak method.
2. Cover soaked, drained beans with fresh, cold water. Simmer until tender.
3. Drain beans, reserving liquid.
4. Brown pork in oil. Add garlic and onions, sauté until onions are clear.

(continued)

PORK AND BEANS (continued)

5. In a 3-quart covered casserole, combine all ingredients with 2 cups bean liquid.
6. Bake at 300° for 2 to 4 hours. Stir occasionally. Refrigerate extra liquid and add as needed to keep beans nearly covered.

* 4 dried Anaheim chiles, roasted, and 1 fresh jalapeno chile, both stemmed, seeded and finely chopped, may be used in place of jalapeno and hot pepper sauces.

ZESTY BEANS

Nutrition Note: This recipe makes 12 servings Each serving has 141 calories, less than 1 g fat, 9 g protein, 26 g carbohydrates, 9 g fiber, 58 mg calcium, 5 mcg folate, 430 mg potassium, and 106 mg sodium.

Ingredients:

- 1 pound dry beans, soaked and drained
- 1 large onion
- 1 stalk of washed celery with leaves
- 2 peeled carrots
- 1 tablespoon dry parsley or a large sprig, finely chopped
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 teaspoon garlic powder, or dry or fresh minced garlic
- 1 bay leaf

Method:

1. Cover beans with cold water.
2. Chop onion, celery, carrots and greens very fine and add to beans.
3. Add salt and spices.
4. Simmer until beans are tender.
5. Remove bay leaf and discard.
6. Serve hot as a vegetable.

SIMPLE BEANS

Nutrition Note: This recipe makes 12 servings Each serving has 132 calories, less than 1 g fat, 8 g protein, 25 g carbohydrates, 10 g fiber, 68 mg calcium, 148 mcg folate, 604 mg potassium, and 199 mg sodium.

Ingredients:

1 pound dry beans
1 teaspoon salt
1 mild onion, chopped
Cider vinegar

Method:

1. Sort and rinse dry beans.
2. Soak dry beans using a method from page 3.
3. Drain beans, rinse and cover with fresh, cold water. Add salt; stir.
4. Bring to a simmer and cook until tender.
5. Serve hot with chopped onion and cider vinegar sprinkled over the top.
6. Other chopped vegetables or sauces may be used as toppings to create your own favorite bean meal.

Main dish serving = 1 cup cooked beans; side dish serving = ½ cup cooked beans

COWBOY PIE

Nutrition Note: This recipe makes 4 servings Each serving has 318 calories, 10 g fat, 15 g protein, 43 g carbohydrates, 7 g fiber, 193 mg calcium, 89 mcg folate, 574 mg potassium, and 306 mg sodium.

Filling Ingredients:

- 1 cup cooked kidney beans
- ¼ cup chopped onion
- 1 tablespoon oil
- ¼ cup canned or frozen corn
- ½ cup fresh tomatoes, chopped
- ½ cup tomato sauce (1 cup canned crushed tomatoes in puree may be substituted for tomatoes and sauce)
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- ½ cup grated cheddar cheese

Cornbread Ingredients:

- ⅔ cup all-purpose flour
- ⅓ cup cornmeal
- 1 tablespoon baking powder
- 2 tablespoons dry milk powder
- 1 egg
- ½ cup skim milk
- 1 tablespoon oil

(continued)

COWBOY PIE (Continued)

Filling:

1. Cook onion in oil until onion is clear and tender.
2. Add all other filling ingredients except cheese. Mix well.

Cornbread:

1. Preheat oven to 350°.
2. In a bowl, mix together flour, cornmeal, baking powder and dry milk.
3. Beat egg and milk together; add oil.
4. Stir liquids into dry ingredients to make a stiff batter.

Assemble the Pie:

5. Grease a 9-inch pie plate.
6. Spoon cornbread batter into the pie plate, building it higher around the edges. Fill the center with bean mixture.
7. Top with cheese.
8. Bake 30 to 35 minutes or until cornbread is golden brown.

CORNBREAD CASSEROLE

Nutrition Note This recipe makes 6 servings Each serving has 474 calories, 17 g fat, 34 g protein, 48 g carbohydrates, 8 g fiber, 263 mg calcium, 98 mcg folate, 830 mg potassium, and 1,141 mg sodium

Ingredients:

- 1 cup cornmeal
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup skim milk
- 2 eggs, beaten
- 1 can (15-17 ounces) cream-style corn
- 8 ounces reduced-fat Colby cheese, shredded
- ½ cup chopped onion
- 1 pound lean ground beef
- 1 can (15 ½-ounce) kidney beans (2 cups cooked)
- 1 can (8-ounce) tomato sauce
- 1 package (1.25-ounce) taco seasoning mix

Method:

1. Lightly grease a 12x7½x2-inch baking dish. Sprinkle with a little cornmeal or flour.
2. Combine the cornmeal with the soda and salt. Stir in milk, eggs, corn and cheese. Mix well and set aside.
3. Brown the ground beef with the onions; drain off all the fat. Stir in the kidney beans, tomato sauce and taco seasoning.

(continued)

CORNBREAD CASSEROLE (continued)

4. Spread half the cornmeal mixture in the baking dish. Cover with the meat mixture and top with the rest of the cornmeal mixture. At this point, you can cover the dish and refrigerate it until an hour before you plan to eat. Bake uncovered at 350° for about an hour or until the topping is done.

CORNBREAD CASSEROLE (continued)

4. Spread half the cornmeal mixture in the baking dish. Cover with the meat mixture and top with the rest of the cornmeal mixture. At this point, you can cover the dish and refrigerate it until an hour before you plan to eat. Bake uncovered at 350° for about an hour or until the topping is done.

EMMA'S BEST BEAN PIE

Nutrition Note: This recipe makes 8 servings Each serving has 278 calories, 9 g fat, 18 g protein, 30 g carbohydrates, 5 g fiber, 184 mg calcium, 53 mcg folate, 418 mg potassium, and 897 mg sodium.

Rice Shell:

- 2½ cups cooked rice
- 1½ tablespoons margarine, melted
- 1 egg, slightly beaten
- 2 tablespoons chopped parsley

1. Combine ingredients and press firmly into a greased 10-inch pie plate.

Filling:

- 1 small onion, diced
- 1 tablespoon oil
- ½ teaspoon garlic powder, or dry or fresh minced garlic
- 2 cups cooked kidney beans
- 1½ cups shredded reduced fat cheddar cheese
- ¾ cup diced cooked lean ham
- ¼ cup sliced black olives (optional)

1. Sauté onion and garlic in oil. Set aside.
2. Layer as follows in the rice shell: 1 cup beans, ¾ cup cheese, all ham, all onion and garlic, black olives, 1 cup beans, ¾ cup cheese.

(continued)

EMMA'S BEST BEAN PIE (continued)

Custard:

- ½ cup light sour cream
- 3 eggs, beaten
- ½ cup skim milk
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tomato, sliced

1. Combine sour cream, eggs, milk, salt and pepper.
2. Pour over layered pie.
3. Bake in preheated 375° oven for 25 minutes.
4. Remove pie from oven; place tomato slices around edge of pie.
5. Return pie to oven, bake for 10 minutes.

CHUCKWAGON POT ROAST

Nutrition Note: This recipe makes 8 servings Each serving has 406 calories, 12 g fat, 33 g protein, 39 g carbohydrates, 12 g fiber, 95 mg calcium, 13 mcg folate, 1024 mg potassium, and 675 mg sodium.

Ingredients:

- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 teaspoons paprika
- 2 pound boneless chuck roast
- 6 cups water
- 1 pound (2 cups) dry pinto beans
- 1 tablespoon oil
- 1 large chopped onion
- 1 teaspoon garlic powder, or dry or fresh minced garlic
- 1 can (10 ½-ounce) beef broth
- ½ cup catsup, chili sauce or barbecue sauce
- 1 pound baby carrots

Crockpot Method:

The Night Before:

1. Combine salt, pepper and paprika in a cup. Sprinkle, then rub half on each side of the roast. Cover in a refrigerator container or seal in a gallon plastic bag. Refrigerate.
2. In a large pot, heat 6 cups water to boiling. Sort and rinse dry beans. Add beans and simmer for 10 minutes on the stove top.
3. Pour beans and hot liquid into crockpot. Cook on low overnight, 7 10 hours.

(continued)

CHUCKWAGON POT ROAST (continued)

The Next Morning:

4. Heat a large, heavy pot or frying pan, add oil and brown the roast to a deep brown. Remove roast from pot onto a plate.
5. Sauté onion and garlic 3 to 5 minutes in same pan. Add beef broth and catsup. Heat and stir 2 to 3 minutes, scraping browned bits from bottom of pan.
6. Add onion-broth mixture and carrots to the crockpot. Stir to combine with beans.
7. Gently place the roast into the mixture, spooning sauce over the roast.
8. Cook on low 8 — 10 hours, warm 2 — 4 hours.
9. Serve roast on a platter surrounded by beans and carrots.

Alternate Method:

Complete steps 1—5 the night before. Refrigerate meat and onion-broth mixture.

Complete steps 6—8 the next morning.

BEAN AND CHICKEN LASAGNA ROLLS

Nutrition Note: This recipe makes 4 servings Each serving has 554 calories, 20 g fat, 40 g protein, 50 g carbohydrates, 7 g fiber, 430 mg calcium, 133 mcg folate, 897 mg potassium, and 1,050 mg sodium.

Ingredients:

- 1 tablespoon canola oil
- 1 package (8-ounce) fresh mushrooms
- 1 small onion
- 1 pound (2) skinless, boneless chicken breast halves
- ⅓ cup white wine
- ½ teaspoon tarragon, crushed
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 4 lasagna noodles
- 1 4-ounce package light cream cheese, cubed
- ¼ cup fat-free dairy sour cream
- 1 tablespoon all-purpose flour
- ¼ cup skim milk
- ½ cup chopped or shredded Muenster cheese (2 ounces)
- ½ cup chopped or shredded parmesan cheese (2 ounces)
- 1 can (15.5 ounces) northern, navy or cannellini beans

Fresh parsley for garnish, optional

Method:

1. Preheat oven to 350°. Grease 1½ - or 2-quart baking dish. Cook lasagna noodles according to package directions while you proceed.

(continued)

BEAN AND CHICKEN LASAGNA ROLLS (continued)

2. Heat canola oil in a large skillet. Slice the mushrooms and chop onion. Add vegetables to the skillet and cook until tender.
3. Cut chicken into bite-size pieces. Add chicken, wine, tarragon, salt and pepper to skillet. Simmer until chicken is just tender, approximately 10 minutes. Drain and rinse beans. Add to skillet and stir. Remove from heat.
4. Rinse noodles with cold water and cut each in half lengthwise. Curl each noodle into a ring around your hand, leaving a 2-to 3-inch opening in the center. Place noodle rings, cut side down, in the baking dish. Using a slotted spoon, fill the center of the rings with the chicken mixture. Reserve liquid in skillet for sauce.
5. Add the cream cheese to the reserved liquid and stir until melted. In a small bowl, combine sour cream and flour, then add skim milk; mix thoroughly. Add sour cream and cheeses to hot liquid in skillet. Cook and stir over medium heat until mixture is thick. Simmer 1 minute to cook the flour.
6. Use a large spoon to pour cheese mixture over filled rings.
7. Bake 25 to 30 minutes until heated through. Bake uncovered to brown, or cover with aluminum foil to avoid browning. Optional; garnish with parsley. Serve with tomatoes, green salad and bread.
8. To assemble this casserole as a layered lasagna: Line greased pan with 2 noodles, put half the bean/chicken and liquid mixture on top, cover with 2 more noodles; pour the rest of the bean mixture over the noodles. If you want lasagna noodles on top, cook 6 noodles

(step 1) instead of 4 and use two to top the casserole. Proceed with step 7.

EASY WHITE LASAGNA

Nutrition Note This recipe makes 6 servings Each serving has 347 calories, 12 g fat, 21 g protein, 37 g carbohydrates, 5 g fiber, 150 mg calcium, 92 mcg folate, 372 mg potassium, and 1,038 mg sodium

Ingredients:

- 1 tablespoon canola oil
- 1 small onion, finely chopped
- 1 pound (2) skinless, boneless chicken breast halves
- ½ teaspoon tarragon, crushed
- 1 can (15.5 ounces) great northern, navy or cannellini beans
- 1 6-to 8-ounce DR WT can mushrooms, drained and finely chopped
- 1 jar (16 ounces) Light Parmesan Alfredo sauce
- 6 lasagna noodles
- ¼ cup grated parmesan cheese

Method:

1. Preheat oven to 350°. Grease a 1½-or 2-quart baking dish.
2. Cook lasagna noodles according to package directions while preparing other ingredients.
3. Heat canola oil in a large skillet. Add onion; cook until tender. Cut chicken into bite-size pieces. Add chicken and tarragon to skillet. Cook until chicken is just tender, about 10 minutes. Drain and rinse beans; add beans, mushrooms and Alfredo sauce; stir until warm.

EASY WHITE LASAGNA (continued)

4. Line greased baking dish with 2 noodles, pour ⅓ of chicken/bean mixture over noodles, spread evenly, cover with 2 more noodles; pour ⅓ mixture over the noodles, spread evenly, repeat with remaining noodles and mixture. Cover casserole with foil.
5. Bake 25 to 30 minutes, until heated through. Top with parmesan cheese.
6. Serve with tomatoes, green salad and garlic bread. Refrigerate or freeze leftovers.
7. Casserole may be made up to 24 hours earlier and refrigerated. Bake for 1 hour.

BLACK BEAN CABBAGE ROLLS

Adapted from *Vegetarian Cooking for Healthy Living*
Mary TerMeers, BS, and Jamie Gates Galeana, MS, RD, LD

Nutrition Note: This recipe makes 12 servings Each serving has 335 calories, 11 g fat, 17 g protein, 51 g carbohydrates, 10 g fiber, 115 mg calcium, 65 mcg folate, 774 mg potassium, and 739 mg sodium.

Ingredients:

Cabbage Rolls:

- 1 can (14-16 ounce) chicken broth
- 1 cup uncooked brown rice
- 1 large head cabbage
- 2 cans (15.5 ounce) black beans, drained and rinsed
- ¼ cup grated carrots
- 1 cup corn
- 1 cup golden raisins
- 1 cup chopped walnuts
- 3-4 tablespoons jalapeno sauce

Tomato sauce:

- 2 cans (14-ounce) diced tomatoes
- 2 tablespoons vinegar
- 2 tablespoons brown sugar
- 1½ teaspoons Worcestershire sauce
- 1 teaspoon salt
- ½ teaspoon black pepper

(continued)

BLACK BEAN CABBAGE ROLLS (continued)

Method:

1. Add water to chicken broth to make 2½ cups liquid. Pour liquid into a medium-size pan, add rice and stir. Simmer until rice is cooked, 45 to 50 minutes.
2. Remove and discard any discolored outer leaves from the head of cabbage. Put one inch of water in a covered steamer or large saucepan and heat to a simmer. Put cabbage in pot, cover and steam a few minutes until outside leaves are wilted and can be easily removed. Remove cabbage from pot and place it on a plate to catch water as leaves are removed. Peel leaves off, using a knife to cut leaves away from the center stem. Store the leaves in a bowl. Return head to pot. Repeat until 20 to 25 leaves are separated. Add boiling water to pot if needed to maintain steam. Return all leaves to the steaming pot and steam 5 to 10 minutes, until tender and wilted. Remove from water and set aside to cool.
3. In a large mixing bowl, combine black beans, carrots, corn, raisins, walnuts, jalapeno sauce and cooked brown rice. Taste and add more sauce if desired.
4. Mix tomato sauce ingredients in a medium-size bowl. Set aside.

(continued)

BLACK BEAN CABBAGE ROLLS (continued)

5. If the spine on the largest leaves is too heavy to roll, trim the outer edge, being careful not to cut a hole through the leaf. Starting with the largest leaves, place ½ cup bean and rice mixture in the center of a cabbage leaf. Turn sides in and roll up to close. The leaf should easily overlap. Turn each roll upside down, tucking the ends under. Set rolls in a single layer in a 9x13-inch pan. Repeat until filling is used up. Decrease the amount of filling as the leaves get smaller so that filling will be fully covered by cabbage leaf. If another pan is needed to hold all the rolls, use a loaf pan or other small baking pan.
6. After rolls are assembled and baking, chop any remaining cabbage and freeze for use in a soup or other dish.
7. Pour tomato sauce mixture over the cabbage rolls. Cover tightly with foil. Bake at 350° for 60 to 75 minutes, until cabbage is very tender. Serve hot as a vegetarian main dish or a side dish with pork.
8. Freeze leftovers in meal-size portions.
9. Alternate cooking method: This dish may be cooked on the stovetop in a Dutch oven or other large, heavy covered pot. Line the bottom of the pot with the worst cabbage leaf. Place the rolls in 2 or 3 layers. Make sauce, substituting one 16-ounce can of chicken broth for diced tomatoes. Pour sauce over the rolls until it is up on the sides of the top layer of rolls. Cover and bring to a simmer. Simmer one hour until very tender. Check pot after ½ hour of cooking; add more sauce if needed. Serve hot.

BLACK BEAN VEGETABLE WRAP

Nutrition Note: This recipe makes 10 servings Each serving has 302 calories, 7 g fat, 13 g protein, 52 g carbohydrates, 9 g fiber, 110 mg calcium, 19 mcg folate, 428 mg potassium, and 832 mg sodium.

Ingredients:

- 2 15.5-ounce cans black beans, rinsed and drained
- 4 cups cooked brown rice, cooled
- 8 ounces reduced-fat shredded cheese
- 1¼ cups shredded carrots
- 1¼ cups shredded lettuce salad
- 1¼ cups shredded coleslaw or red cabbage
- ⅓ cup reduced-fat ranch dressing
- ⅓ cup salsa
- 10 8-inch whole wheat flour tortillas
- 10 tomato slices

Method:

1. In a large bowl, combine beans, rice, carrots, lettuce and cabbage. Mix dressing and salsa in a small bowl. Toss with vegetable mix.
2. Place ¾ cup bean mixture on each tortilla. Top with a tomato slice and roll up. Secure with toothpicks; slice in half.
3. Refrigerate; serve cold.

PORK AND PINTO LOAF

Nutrition Note: This recipe makes 6 servings Each serving has 412 calories, 23 g fat, 21 g protein, 29 g carbohydrates, 5 g fiber, 96 mg calcium, 84 mcg folate, 512 mg potassium, and 764 mg sodium.

Ingredients:

- 1 can (15.5 ounce) pinto beans, or 2 cups home-cooked beans
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 2 tablespoons canola oil
- 1 tablespoon sausage seasoning
- 1½ cups fresh bread crumbs
- 1 pound unseasoned ground pork
- 1 egg

Method:

1. Preheat oven to 350°.
2. Grease a loaf pan with canola oil cooking spray.
3. Drain and rinse pinto beans in a strainer or sieve. Mash beans in a large bowl with a large spoon until there are no large pieces. Set aside.
4. Heat oil in a large skillet. Add onion and celery; sauté until onions are clear, about 10 minutes. Add sausage seasoning, stir until mixed. Remove from heat.
5. Add onion-celery mixture and bread crumbs to the beans. Mix with your hands or a large spoon. Add ground pork and egg; mix well.

(continued)

PORK AND PINTO LOAF (continued)

6. Scoop vegetable-meat mixture into loaf pan. Press down and smooth out the top.
7. Bake 1 hour or until internal temperature is 160°. Remove from oven; allow loaf to rest 5 to 10 minutes.
8. Remove loaf from pan and discard fat. Slice into 8 pieces.
9. Serve with mashed potatoes and sour cream, tomatoes and green salad.
10. Cool and refrigerate or freeze leftovers.

MEXICALI CROCKPOT PIE

Nutrition Note: This recipe makes 8 servings Each serving has 413 calories, 13 g fat, 30 g protein, 46 g carbohydrates, 9 g fiber, 167 mg calcium, 35 mcg folate, 308 mg potassium, and 1,446 mg sodium.

Ingredients:

- 1 pound ground turkey
- 1 large onion, chopped
- 1 teaspoon garlic powder, or dry or fresh minced garlic
- 1 can (10-ounce) enchilada sauce
- 1 can (8-ounce) tomato sauce
- 2 cans (15½ ounces each) chili beans
- 2 cans (12-16 ounces each) Mexicorn (corn with sweet red and green peppers)
- 6 corn tortillas
- ½ pound shredded reduced-fat cheddar cheese

Method:

1. Brown ground turkey. Drain excess fat.
2. Add onion and garlic to turkey; cook until onion is clear and soft. Season with salt and pepper, if desired.
3. Combine enchilada and tomato sauces in a bowl.
4. Open chili beans and Mexicorn. Drain corn.
5. Wipe inside of crockpot with oil.

(continued)

MEXICALI CROCKPOT PIE (continued)

6. Assemble ingredients by the crockpot.
7. Place 1 tortilla on bottom of crockpot. Make 5 layers using ⅕ of each ingredient in this order: turkey mixture, beans, corn, sauce, cheese and tortilla, ending with a topping of cheese.
8. Cover crockpot and cook on low for 5 to 7 hours.

MEXICALI CROCKPOT PIE (continued)

6. Assemble ingredients by the crockpot.
7. Place 1 tortilla on bottom of crockpot. Make 5 layers using ⅕ of each ingredient in this order: turkey mixture, beans, corn, sauce, cheese and tortilla, ending with a topping of cheese.
8. Cover crockpot and cook on low for 5 to 7 hours.

FIESTA CASSEROLE

Nutrition Note: This recipe makes 6 servings Each serving has 336 calories, 12 g fat, 23 g protein, 36 g carbohydrates, 7 g fiber, 303 mg calcium, 103 mcg folate, 801 mg potassium, and 1,384 mg sodium.

Ingredients:

- 2 cups cooked drained pinto beans or 1 can (15.5 ounce)
- ½ pound lean ground beef
- ½ cup chopped onion
- 1 teaspoon salt
- 1 can (28-ounce) tomatoes, undrained, cut up
- 1 can (4-ounce) green chilies, cut up
- 1 clove garlic, minced, or ¼ teaspoon garlic powder
- 2 teaspoons chili powder
- ½ teaspoon cumin (optional)
- ½ teaspoon oregano
- 1 can (8-ounce) tomato sauce
- 6 corn tortillas (6-inch size)
- 2 cups shredded reduced-fat cheese

Method:

1. Brown ground beef and onions; drain off fat. Add salt, pepper and cooked beans.
2. In a medium saucepan, combine tomatoes, chilies, garlic, cumin, chili powder, oregano and tomato sauce. Bring to a boil; lower heat, cover and simmer for 10 minutes.

(continued)

FIESTA CASSEROLE (continued)

3. Spread a thin layer of sauce on the bottom of a 6x10-inch baking pan. Top with 3 tortillas, overlapping as necessary.
4. Spread half of bean/beef mixture over tortillas. Pour sauce over to cover. Sprinkle with half the cheese.
5. Repeat layers with remaining ingredients, ending with a layer of cheese.
6. Bake 30 minutes at 350°. Cut into 6 rectangles. Top with low-fat sour cream, plain yogurt or salsa, if desired.

BEAN AND CHEESE ENCHILADAS

Nutrition Note: This recipe makes 8 servings Each serving has 222 calories, 7 g fat, 11 g protein, 30 g carbohydrates, 7 g fiber, 191 mg calcium, 51 mcg folate, 326 mg potassium, and 511 mg sodium.

Ingredients:

- 1 green pepper, chopped
- 1 large onion, chopped
- 1 teaspoon vegetable oil
- 2 cups cooked kidney or pinto beans (or one 15½-ounce can)
- 2 tablespoon chili powder
- ½ teaspoon garlic powder, or dry or fresh minced garlic
- 1 teaspoon salt (optional)
- 1½ cups (12-ounce can) tomato sauce (may use taco or enchilada sauce)
- ½ cup low fat cottage cheese
- 8 large corn tortillas
- 1 tablespoon chili powder
- ¼ teaspoon garlic powder, or dry or fresh minced garlic
- ¾ teaspoon onion powder
- 1 cup grated cheddar cheese

Method:

1. Preheat oven to 350°.
2. Cook green pepper and onion in oil until soft.
3. Drain beans, rinse if canned, and mash.

(continued)

BEAN AND CHEESE ENCHILADAS (continued)

4. Combine beans, green pepper and onion and first amounts of chili powder, garlic, salt, 3 tablespoons tomato sauce and cottage cheese. Mix well.
5. Lay tortilla on a flat surface, place ¼ cup bean mixture on each tortilla. Roll up tortilla and place in baking dish, repeat placing filled tortillas side by side.
6. Combine remaining tomato sauce, chili powder, garlic and onion powder in a small bowl. Pour over enchiladas.
7. Sprinkle cheese over enchiladas.
8. Cover enchiladas; bake 25 minutes until cheese melts.

CHILI BEAN POCKETS

Nutrition Note (ground beef). This recipe makes 6 servings. Each serving has 336 calories, 13 g fat, 24 g protein, 30 g carbohydrates, 9 g fiber, 67 mg calcium, 68 mcg folate, 470 mg potassium, and 659 mg sodium.

Nutrition Note (ground turkey) This recipe makes 6 servings Each serving has 258 calories, 6 g fat, 20 g protein, 30 g carbohydrates, 9 g fiber, 63 mg calcium, 67 mcg folate, 379 mg potassium, and 662 mg sodium.

Ingredients:

- ¾ pound ground beef or ground turkey
- ¼ cup onion, chopped
- ¼ cup green pepper, chopped
- 1 can (8-ounce) tomato sauce
- ¼ cup chili sauce or catsup
- ⅛ teaspoon garlic powder, or dry or fresh minced garlic
- 1 tablespoon chili powder
- ⅛ teaspoon cumin
- 1 can (15-ounce) kidney or pinto beans with liquid
- 3 whole wheat pita bread pockets, cut in half
- ½ cup shredded reduced-fat cheddar cheese

(continued)

CHILI BEAN POCKETS (continued)

Method:

1. Preheat oven to 350°.
2. Brown ground beef in a frying pan.
3. Add onion and green pepper; cook until onion is soft and clear.
4. Add tomato sauce, chili sauce, garlic, chili powder and cumin to beef mixture. Simmer 10 minutes.
5. Add kidney beans and simmer 5 minutes.
6. Spoon chili bean mixture into each pocket. Place in baking pan.
7. Top bean mixture with cheese.
8. Bake in oven for 5 minutes. Serve while hot.

PINTO BEAN BEEF TACOS

Nutrition Note: This recipe makes 24 servings Each serving has 201 calories, 6 g fat, 13 g protein, 23 g carbohydrates, 6 g fiber, 87 mg calcium, 25 mcg folate, 455 mg potassium, and 510 mg sodium.

Ingredients:

- 1 pound (2 cups) dry pinto beans
- 2 teaspoons salt
- 1½ pounds lean ground beef
- 1 medium green pepper, diced
- 2 tablespoons chopped onion
- 1 tablespoon sugar
- 1 teaspoon salt
- 2¼ teaspoons chili powder
- 1 tablespoon ground cumin
- 2 8-ounce cans tomato sauce
- 24 taco shells
- 2 cups shredded lettuce
- 6 ounces grated reduced-fat cheddar cheese

Method:

1. Soak beans using the hot soak method. (Do the night before or early in the day.)
2. In a large kettle combine drained, soaked beans, the 2 teaspoons salt, and 6 cups water. Simmer until beans are tender.
3. Mash beans with enough liquid to make a thick puree.
4. Brown ground beef.

(continued)

PINTO BEAN BEEF TACOS (continued)

5. Add pepper, onion, sugar, the 1 teaspoon salt, chili powder and cumin. Cook 3 to 5 minutes.
6. Stir beef mixture and tomato sauce into bean puree.
7. Cook slowly 30 minutes or until thickened, stirring occasionally.
8. Fill taco shells with hot filling and bake for 5 minutes at 350°.
9. Top with lettuce and cheese.

Bean Beef filling freezes well.

BAJA BEAN TACOS

Nutrition Note: This recipe makes 6 servings Each serving has 452 calories, 19 g fat, 19 g protein, 49 g carbohydrates, 12 g fiber, 350 mg calcium, 65 mcg folate, 267 mg potassium, and 736 mg sodium.

Ingredients:

- ½ cup onion, chopped (1 medium)
- 1 tablespoon vegetable oil
- 1 15-ounce can kidney beans
- 1 15-ounce can pinto or black beans
- 2 teaspoons chili powder
- ¼ teaspoon cumin
- ¼ teaspoon garlic powder, or dry or fresh minced garlic
- ¼ teaspoon onion powder
- ¼ teaspoon black pepper
- 1 cup cheddar cheese, shredded
- ½ cup Monterey Jack cheese, shredded
- 12 6-inch corn or flour tortillas
- 1½ cups lettuce, shredded
- ¾ cup tomato salsa
- ¾ cup sour cream or yogurt

Method:

1. Sauté onion in oil until tender, about 5 minutes.
2. Drain and rinse each can of beans. Coarsely chop or mash kidney beans. Combine beans, onions, spices and cheese. Pour mixture into greased 1½-quart casserole.
3. Bake, covered, in a 350° oven 20 to 30 minutes, until heated through.
4. To serve, scoop ¼ cup filling into each tortilla; top with 2 tablespoons lettuce and 1 tablespoon each tomato salsa and sour cream or yogurt. Roll flour tortilla. Serve.

TACO/BURRITO FILLING

Nutrition Note: This recipe makes 12 servings Each serving has 271 calories, 11 g fat, 17 g protein, 26 g carbohydrates, 2 g fiber, 143 mg calcium, 9 mcg folate, 262 mg potassium, and 657 mg sodium.

Ingredients:

- 1 pound lean hamburger
- 1 package (1.25-ounce) taco seasoning mix
- Water (according to instructions on mix)
- 1 can (16-ounce) chili beans
- 12 tortillas (corn or flour)

Toppings:

- 1½ cups shredded cheddar cheese
- 1½ cups chopped tomatoes and/or salsa
- 1½ cups shredded lettuce
- ¾ cup non-fat yogurt or sour cream

Method:

1. Brown hamburger in a medium skillet. Drain; discard fat.
2. Reduce heat to low. Add taco seasoning, water (as seasoning package directs) and chili beans. Simmer 10 minutes.
3. Prepare toppings and put each in serving containers.
4. Allow each person to assemble their own taco or burrito, or assemble on a platter.

One serving is ¼ cup taco filling, 1 flour or corn tortilla, 2 tablespoons each cheese, tomatoes or salsa, lettuce and 1 tablespoon non-fat yogurt or sour cream.

BEAN AND RICE BURRITOS

Nutrition Note: This recipe makes 4 servings Each serving has 350 calories, 10 g fat, 24 g protein, 40 g carbohydrates, 8 g fiber, 53 mg calcium, 124 mcg folate, 699 mg potassium, and 1,067 mg sodium.

Ingredients:

- 2 cups cooked instant brown rice
- 1 small onion, very finely chopped
- 2 cups cooked, drained red kidney beans (or one 15½-ounce can), or one 15½-ounce can chili beans
- 8 10-inch flour tortillas
- Optional toppings: Canned chopped jalapeno peppers, grated cheese, salsa

Method:

1. Preheat oven to 350°.
2. Combine rice, onion and beans in a small bowl.
3. Place tortilla on a flat surface, fill with ½ cup bean mixture and overlap in burrito shape.
4. Place burritos upside down in baking pan and heat in oven for 15 minutes.
5. Serve with optional toppings.

Optional seasonings: ¼ teaspoon garlic powder, 1 teaspoon chili powder, ½ teaspoon ground cumin.

CHILI BEAN QUESADILLA

Nutrition Note: This recipe makes 12 servings Each serving has 89 calories, 3 g fat, 6 g protein, 10 g carbohydrates, 2 g fiber, 79 mg calcium, 11 mcg folate, 208 mg potassium, and 426 mg sodium.

Ingredients:

- 4 10-inch tortillas
- 1 can (15-16-ounce) chili beans
- 1 cup Monterey Jack reduced-fat cheese, shredded
- 1 cup salsa
- 1 cup lettuce, chopped

Method:

1. Preheat a large non-stick frying pan over low heat, or warm an electric skillet to 150°.
2. Place tortilla on a plate. Spread half of the mashed beans and cheese on tortilla. Top with a second tortilla.
3. Slip filled tortilla into the frying pan and heat until cheese melts.
4. Assemble second quesadilla while first one is heating.
5. Use a pancake turner to transfer hot quesadilla to a plate. Warm second quesadilla.
6. Cut each quesadilla into 6 pieces with a pizza cutter.
7. Serve warm. Top with salsa and lettuce.

FRIJOLES NEGROS

Nutrition Note: This recipe makes 6 servings Each serving has 734 calories, 20 g fat, 29 g protein, 106 g carbohydrates, 9 g fiber, 42 mg calcium, 115 mcg folate, 366 mg potassium, and 506 mg sodium.

Ingredients:

- 1 pound dry black beans
- 8 cups water
- 8 ounces chorizo sausage
- 4 large cilantro sprigs
- 1 large carrot
- 1 medium onion
- 1 celery rib with leaves
- 2 tablespoons olive oil
- 2 tablespoons unsweetened cocoa powder
- 4 whole cloves
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 6 ¾-cup servings white rice

Method:

1. Sort beans into a strainer, removing any rocks or dirt pieces; rinse with cold water.
2. In a large pot, combine beans, water and sausage. Bring to a simmer.
3. Wash the cilantro. Peel the onion. Peel the carrot and cut into 4 pieces. Clean the celery rib and cut into 4 pieces. Add cilantro, carrot, onion and celery to the pot.
4. Add oil, cocoa and spices. Simmer until the beans are tender, about 1 hour.
5. Prepare 6 servings of rice according to instructions on box or package.
6. Remove and discard vegetables, cilantro and cloves from pot of beans.
7. Remove sausage, slice and return to pot. Serve hot over rice.

QUICK RED BEANS AND RICE

Nutrition Note: This recipe makes 4 servings Each serving has 350 calories, 10 g fat, 24 g protein, 40 g carbohydrates, 8 g fiber, 53 mg calcium, 124 mcg folate, 699 mg potassium, and 1,067 mg sodium.

Ingredients:

- 1 tablespoon salad oil
- 1 cup chopped onions
- ½ cup chopped celery
- 2 garlic cloves, minced, or
- ¼ teaspoon garlic powder
- 1 can (15½-ounce) or 1⅔ cups cooked kidney beans
- 2 cups cubed cooked ham
- ½ cup rice, uncooked

Method:

1. Heat oil in a 3-quart saucepan.
2. Add onions, celery and garlic; cook until onions are clear. Be careful not to burn.
3. Drain beans; reserve liquid.
4. Add enough water to liquid to measure 3 cups.
5. Add liquid and remaining ingredients to saucepan and bring to a boil.
6. Reduce heat; cover and simmer 25 minutes.

"LOUISIANA STYLE" RED BEANS AND RICE

Nutrition Note: This recipe makes 10 servings Each serving has 241 calories, 12 g fat, 17 g protein, 17 g carbohydrates, 6 g fiber, 52 mg calcium, 55 mcg folate, 462 mg potassium, and 1010 mg sodium.

Ingredients:

- 1 pound dry light or dark red kidney beans or 3 cans (15.5 ounce) kidney beans with liquid
- 2 tablespoons oil
- ¼ cup minced fresh garlic (or 1-3 teaspoons garlic powder)
- 1 cup chopped onion
- 1 cup chopped celery
- ½ cup chopped green pepper
- 1 ham bone with meat
- 1 bay leaf
- ½ cup chopped fresh parsley (or 3 tablespoons dry parsley flakes)
- 1 teaspoon salt
- Few drops hot pepper sauce
- 2½ cups uncooked brown rice (7½ cups cooked = ¾ cup per serving)

Method:

1. Sort and rinse dry beans. Soak using the hot soak method.
2. Cover soaked, drained beans with fresh, cold water. Add ham bone, bring to simmer in large pot. Add more water as needed to keep ingredients covered with water.

(continued)

"LOUISIANA STYLE" RED BEANS AND RICE (continued)

3. In a large frying pan, sauté garlic, onion, celery and green pepper in oil until soft (10 minutes minimum).
4. Add cooked vegetables and remaining ingredients to bean pot. Stir to combine.
5. Simmer until beans are tender. Stir occasionally.
6. Cook brown rice as directed on package (½ cup dry = ¾ cup cooked).
7. Remove ham bone and cube ham. Discard bone, gristle and fat. Remove and discard bay leaf.
8. Taste and reseason with salt and hot pepper sauce.
9. Serve over cooked rice.

NEW ORLEANS BLACK BEANS AND RICE WITH CHICKEN

Nutrition Note: This recipe makes 4 servings Each serving has 327 calories, 8 g fat, 23 g protein, 42 g carbohydrates, 6 g fiber, 45 mg calcium, 3 mcg folate, 370 mg potassium, and 209 mg sodium.

Ingredients:

1 box (7-ounce) Zatarain's New Orleans Style Black Beans and Rice
1 can (14.5-ounce) diced tomatoes with garlic and onion
2½ cups water
2 split chicken breast halves, fresh or thawed

Oven Method:

1. Preheat oven to 350°.
2. Spray a 2-quart rectangular glass pan (1½-to 2-inch sides) with nonstick cooking spray.
3. Pour black beans and rice mix into pan. Mash out seasoning lumps with a tablespoon.
4. Add canned tomatoes and water. Stir thoroughly.
5. Place chicken breast halves on top of black bean and rice mixture.
6. Bake 1½ hours. Check after one hour; if beans and rice are dry on the edges, cover tightly with aluminum foil. Bake remaining ½ hour.
7. Cut chicken breasts in half. Serve hot with a green salad and bread.

(continued)

NEW ORLEANS BLACK BEANS AND RICE WITH CHICKEN (continued)

Alternate Crockpot Method:

1. Combine ingredients in a crockpot as directed above in steps 3, 4 and 5.
2. Cover with lid; cook on low 4 to 8 hours.

If 4-hour cooking time is used, test chicken for doneness by piercing thickest part of meat with a sharp fork. If juices run clear, serve; if not, switch to high and cook another hour. Retest to be sure chicken is done (180°).

FLORIDA BLACK BEANS AND RICE

Nutrition Note: This recipe makes 6 servings Each serving has 338 calories, 6 g fat, 10 g protein, 62 g carbohydrates, 7 g fiber, 45 mg calcium, 98 mcg folate, 347 mg potassium, and 594 mg sodium.

Ingredients:

- 2 cups (1 pound) black beans
- 1 teaspoon salt
- 1 clove garlic, cut in half
- 1 bay leaf
- 2 tablespoons canola or olive oil
- 3 cloves garlic, mashed
- 1 stalk celery
- 1 green pepper
- 1 onion
- 1 tablespoon balsamic vinegar
- Salt and black pepper
- 6 cups cooked white rice

Method:

1. Sort and wash black beans. Put beans into a 6 or 8-quart pan, cover with cold water and add garlic clove and bay leaf. Bring to a simmer. Cover and simmer until tender, 1 to 1½ hours. Black beans may be hot soaked 1 to 16 hours to cut the cooking time, usually by half. However, they must not be drained until cooked to tender or substantial loss of the mahogany color will occur. The black color is only in the outer skin of the bean and is very water-soluble. To gain maximum color, the beans must be cooked in the dark purple bean liquid. Many cooks choose to simmer the beans on the stovetop or in a crockpot and not use a soak.

(continued)

FLORIDA BLACK BEANS AND RICE (continued)

2. When beans have cooked 1 hour, test for tenderness. When beans are almost done, prepare the vegetables and rice.
3. Follow package instructions to prepare ½ to 1 cup of rice for each serving.
4. Heat oil in a large skillet. Add the garlic to the oil and sauté. Clean and chop each vegetable, adding it to the skillet. Prepare the next vegetable and add it until celery, pepper and onion have been added. Cook until all are tender. Add vinegar, salt and black pepper.
5. Drain bean liquid into a heat-resistant container. Discard bay leaf and garlic halves. Add sautéed vegetables to beans, stir. Add bean liquid as desired and heat. Taste and adjust seasonings. Bean mixture should be quite thick.
6. Serve over rice. Additional vinegar, salt and pepper may be served with the meal.

CAJUN RED BEANS AND RICE

Nutrition Note: This recipe makes 6 servings Each serving has 456 calories, 27 g fat, 16 g protein, 47 g carbohydrates, 7 g fiber, 91 mg calcium, 47 mcg folate, 406 mg potassium, and 1592 mg sodium.

Ingredients:

- ½ pound smoked sausage
- 1 medium onion, chopped
- 1 8-ounce package dehydrated red beans and rice, New Orleans style
- Water according to package directions, less ½ cup
- 1 10-ounce can diced tomatoes and green chilies
- 1 15.5-ounce can red beans, drained and rinsed

Method:

1. Slice sausage into rounds; cut rounds in half.
2. Cook sausage in a large frying pan for 5 minutes, stirring to brown evenly.
3. Add onion to sausage and cook for an additional 5 minutes.
4. Add water as package directs, less ½ cup; stir and bring to a boil.
5. Add beans and rice mix; boil for 1 minute.
6. Add tomatoes and red beans; stir. Cover and simmer 25 minutes.
7. If hotter taste is desired, add hot sauce as desired.
8. Crockpot instructions: Cook sausage and onion as directed. Combine all ingredients in

crockpot. Cover and cook on low for 2-6 hours.

MEXICAN BEAN PIZZA (VEGETARIAN)

Nutrition Note This recipe makes 1 serving Each serving has 575 calories, 10 g fat, 35 g protein, 87 g carbohydrates, 15 g fiber, 346 mg calcium, 81 mcg folate, 149 mg potassium, and 2,440 mg sodium.

Ingredients:

- 1 large flour tortilla
- 1 cup *Lean Refried Beans* (page 151) or canned fat-free refried beans
- ½ cup salsa
- ½ cup shredded reduced-fat cheese (cheddar, jack or co-jack)

Method:

1. Place tortilla on ovenproof plate or pan.
2. Spread and layer beans, salsa and cheese on tortilla.
3. Bake at 450° or microwave at 50% power until cheese melts.
4. Cut in wedges; serve hot.

CHILI-CHICKEN CASSEROLE

Nutrition Note: This recipe makes 8 servings Each serving has 310 calories, 11 g fat, 28 g protein, 27 g carbohydrates, 4 g fiber, 216 mg calcium, 41 mcg folate, 609 mg potassium, and 743 mg sodium.

Ingredients:

- 4 ounces tortilla chips, slightly crushed (¼ of a large bag)
- 4 boneless chicken breast halves
- 1 small onion, diced
- 1 tablespoon oil
- 1 can (15-ounce) tomato sauce
- 1 can (17-ounce) whole-kernel corn, drained
- 1 can (15½-ounce) kidney beans, drained
- 2-3 tablespoons chili powder (to taste)
- ½ teaspoon black pepper
- 1 cup shredded mozzarella cheese
- 1 cup shredded reduced-fat cheddar cheese

Method:

1. Place crushed chips in bottom of 13x9x2-inch baking pan (smaller families can use two 8x8 inch pans and freeze one casserole for use later).
2. Cut the chicken breasts into 1-inch cubes, then cook with the onion in 1 tablespoon oil until the onions are tender and the chicken is cooked.
3. Stir in tomato sauce, corn, beans and spices. Pour this mixture over the chips in pan.
4. Sprinkle the cheese over the sauce.
5. Bake in preheated 350° oven for 30 minutes or until heated through and cheese melts.

SPICY CHOCHILLA CHOWDER

Nutrition Note: This recipe makes 8 servings Each serving has 304 calories, 11 g fat, 18 g protein, 35 g carbohydrates, 8 g fiber, 156 mg calcium, 17 mcg folate, 631 mg potassium, and 1,894 mg sodium.

Ingredients:

- 1 pound low-fat smoked sausage
- 1 can (28-ounce) pork and beans
  or two 16-ounce cans vegetarian beans
- 24 ounces medium-hot tomato salsa
- 2 cups nacho cheese-flavored chips
- 1 cup shredded cheddar cheese

Method:

1. Slice smoked sausage into ½-inch rounds. Cook in a skillet over medium heat until browned.
2. Combine sausage, beans and salsa in a 2-quart casserole. For a thinner chowder, add 1 cup water to the mixture.
3. Cover and cook 4 minutes on high in a microwave oven.
4. Stir and cook for 4 more minutes until mixture is hot.
5. Sprinkle chips and then shredded cheese over the top.
6. Microwave uncovered on high for 2 minutes or until cheese is melted.
7. Chowder may be baked in a 350° oven for 30 to 60 minutes, until heated through. Top with chips and cheese. Heat 10 more minutes to melt cheese.

LOW-SODIUM BEANIE BAR-B'S

Nutrition Note This recipe makes 12 servings Each serving has 144 calories, 1 g fat, 8 g protein, 27 g carbohydrates, 7 g fiber, 38 mg calcium, 103 mcg folate, 399 mg potassium, and 241 mg sodium.

Ingredients:

- 2 cups dry beans or 4 cans (15-16 ounce) beans, drained and rinsed
- 2 cups water
- ½ green pepper
- 1 stalk celery
- 1 onion
- 1 can (13-ounce) mushrooms, stems and pieces
- 1 can (14-ounce) diced or stewed tomatoes or 1 can (8-ounce) tomato sauce
- ¼ cup dry brown rice, rinsed
- 1 tablespoon chili powder
- 1 tablespoon worcestershire sauce
- 2 tablespoons beef or chicken base
- 1 teaspoon dry mustard or 1 tablespoon prepared mustard
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- Dash of hot sauce

Method:

1. Prepare dry beans using the hot soak method. Do this the evening before you plan to serve the beans.
2. In the morning, cook the soaked beans until tender. Drain.

(continued)

BEANS AND FRANKS TUSCAN STYLE

Nutrition Note: This recipe makes 6 servings Each serving has 393 calories, 14 g fat, 29 g protein, 39 g carbohydrates, 12 g fiber, 80 mg calcium, 104 mcg folate, 669 mg potassium, and 935 mg sodium.

Ingredients:

- 1 pound turkey Italian sausage
- ¼ cup water
- 1 red bell pepper
- 1 green bell pepper
- 1 red or white onion
- 1 teaspoon minced garlic
- 1-2 tablespoons oil
- 1 can (15-ounce) light red kidney beans
- 1 can (15-ounce) Great Northern beans
- 1 can (14.5-ounce) diced tomatoes with liquid
- ¼ cup dry red wine
- 1 teaspoon thyme or sage

Method:

1. Cook sausage with water in a covered skillet over medium heat until cooked through. Watch carefully so skin doesn't burn. Cool and cut into ½-inch slices. Peel skin off with a knife and fork if it is tough.
2. Clean and slice peppers and onion to make approximately 3 cups.
3. Heat a large covered skillet; add oil, then vegetables and garlic. Sauté over medium heat until tender.
4. Drain and rinse beans in a colander or strainer.
5. Add sausage, beans and remaining ingredients to skillet and simmer for 10 minutes.

BEANWICHES

LOW-SODIUM BEANIE BAR-B'S (continued)

3. Start here for canned beans. Mash the beans by hand with a heavy fork or spoon, adding as much of 1 cup of water as needed. Chop up any whole skins, leave the mixture lumpy. A processor or blender also works well.
4. Clean green pepper, celery and onion, chop fine. Drain mushrooms, chop fine.
5. Combine mashed beans with remaining water and ingredients. Cover and cook in a slow cooker (crockpot) on high for 4 hours or low or simmer for 8 hours or Dutch oven in a 350° oven for 3 hours. If Dutch oven is used, stir occasionally.
6. Use Beanie Bar-B's to fill hamburger buns, pita bread, taco shells, tortillas, or spoon over a piece of cornbread. This mixture freezes well.

This recipe uses regular canned vegetables and base; use low or reduced-sodium products to lower sodium content further.

Nutrition Note This recipe makes 12 servings Each serving has 153 calories, 1g fat, 9 g protein, 28 g carbohydrates, 9 g fiber, 52 mg calcium, 6 mcg folate, 140 mg potassium, and 797 mg sodium.

Ingredients:

- 2 cups dry beans or 4 cans (15.5-ounce) beans, drained and rinsed
- 1 cup Water
- 1 green pepper, chopped
- 2 cans (10¾-ounce) chicken gumbo soup
- 1 package dry onion soup mix
- 1 cup catsup
- 1 tablespoon chili powder or dash of hot sauce

Method:

1. Prepare the beans using the hot soak method. Do this the evening before you plan to serve the beans.
2. In the morning, cook the soaked beans until tender.
3. Start here for canned beans. Mash the beans by hand with a heavy fork or spoon adding as much of 1 cup of water as needed. Chop up any whole skins, leave the mixture lumpy. A processor or blender also works well.
4. Combine mashed beans with remaining water and ingredients. Cover and cook in a slow cooker (crockpot) on low for 8-12 hours or Dutch oven in a 350° oven for 3 hours. If Dutch oven is used, stir occasionally.
5. Use the beans to fill hamburger buns, pita bread, taco shells, tortillas, or spoon over a piece of cornbread. This mixture freezes well.

CROCKPOT CASSOULET

A cassoulet is a French stew made by slowly simmering beans with more than one kind of meat. This easy variation makes a delicious supper. (Well-trimmed pork chops could easily be added to the stew.)

Nutrition Note This recipe makes 6 servings Each serving has 401 calories, 8 g fat, 39 g protein, 45 g carbohydrates, 10 g fiber, 124 mg calcium, 111 mcg folate, 1,140 mg potassium, and 1,221 mg sodium.

Ingredients:

- 3 medium carrots, cut into ½-inch pieces (1 cup)
- 1 medium onion, chopped (½ cup)
- ⅓ cup water
- 1 can (6-ounce) tomato paste
- ½ cup apple juice concentrate
- 1 teaspoon garlic powder, or dry or fresh minced garlic
- ½ teaspoon thyme, crushed
- ⅛ teaspoon ground cloves
- 2 bay leaves
- 2 cans (15½-ounce) navy beans, drained
- 4 boneless, skinless chicken breast halves, frozen individually
- ½ pound fully-cooked low-fat turkey sausage, sliced in ¼-inch thick slices

(continued)

Method:

1. Put carrot, onion and water in a small saucepan and bring to a boil. Simmer covered for 5 minutes.
2. Put the carrots and onions in the crockpot along with the tomato paste, apple concentrate and seasonings. Add the beans.
3. Place the frozen chicken on top of the bean mixture. Place the sausage slices on top of the chicken.
4. Cook on low heat setting for 9 to 10 hours or on the high heat setting for 5½ to 6 hours. (By using frozen chicken, the chicken will be tender but not overdone after cooking all day.)
5. Before serving, remove bay leaves and skim off any fat.

FUUL MEDAMES

Adapted from *A Taste of Africa* by Dorinda Hafner

Nutrition Note This recipe makes 3 servings Each serving has 253 calories, 13 g fat, 11 g protein, 24 g carbohydrates, 7 g fiber, 79 mg calcium, 100 mcg folate, 407 mg potassium, and 647 mg sodium.

Ingredients:

- 2 eggs
- 1 clove garlic
- 2 tablespoons olive oil
- 1 lemon, room temperature
- Salt and pepper
- 1 can (15.5-ounce) pinto beans

Method:

1. Hard boil eggs.
2. Garlic dressing: Crush garlic with a garlic press. Juice the lemon. Whip garlic, olive oil, salt, pepper and lemon juice together in a small bowl to form dressing.
3. Pour can of pinto beans into a plate; mash with fork or spoon. Cover and heat in microwave.
4. Peel shell off eggs. Slice eggs on top of beans.
5. Top with garlic dressing.

This recipe (using a different native bean) is said to date back to the Pharaohs and is still used in Africa today.

SIMPLE BRAZILIAN FEIJOADA (FAYJWADA)

Adapted from *Diet for a Small Planet* by F.M. Lappe

Nutrition Note This recipe makes 8 servings Each serving has 245 calories, 6 g fat, 25 g protein, 21 g carbohydrates, 3 g fiber, 33 mg calcium, 20 mcg folate, 275 mg potassium, and 119 mg sodium.

Ingredients:

- 1 large onion
- 2 cloves garlic
- 1 cup dry black beans
- 3 cups stock
- 1 bay leaf
- Black pepper
- 2 stalks chopped celery
- 1 whole orange
- 1 chopped tomato

Method:

1. Chop onion and mince garlic. Sauté in a heavy medium-size pot.
2. Add black beans, stock, bay leaf, black pepper and celery.
3. Simmer, covered, several hours until beans are tender, or pressure cook 2 to 4 minutes. Let pressure drop of its own accord; it will take approximately 20 minutes.
4. Wash and cut whole orange into small pieces, or chop in processor. Add orange and tomato to beans. Simmer 1 to 2 hours, or pressure cook again for 10 minutes. Let pressure drop of its own accord.
5. For a thicker stew, remove ½ cup beans and mash. Return to pot, stir and serve hot with brown rice, sautéed greens and bacon; top with orange slices.

VEGETARIAN BRAZILIAN FEIJOADA (FAYJWADA)

Adapted from *Diet for a Small Planet* by F.M. Lappe

Nutrition Note This recipe makes 12 servings Each serving has 96 calories, 1 g fat, 4 g protein, 17 g carbohydrates, 3 g fiber, 23 mg calcium, 16 mcg folate, 166 mg potassium, and 250 mg sodium.

Ingredients:

- 1 cup dry black beans
- 3 cups stock
- 1 bay leaf
- Black pepper
- 1 tablespoon oil
- 1 large onion
- 2 cloves garlic
- 2 green onions
- 1 green pepper, cleaned
- 2 stalks celery
- 1 carrot
- ½ sweet potato, peeled
- 1 whole orange
- 1 teaspoon cilantro or ½ teaspoon cumin
- ½ cup fresh or canned tomato, chopped
- ½ cup wine

Method:

1. Combine black beans, stock, bay leaf and black pepper in a large, heavy pot. Simmer 1 to 2 hours, until beans are tender, or pressure cook for 2 to 4 minutes. Let pressure drop of its own accord.
2. Heat a large skillet; add oil. Clean and chop vegetables. Add vegetables as they are cut up. Stir and cook until soft. Add sautéed vegetables to the bean pot.

(continued)

VEGETARIAN BRAZILIAN FEIJOADA (FAYJWADA) (continued)

3. Wash and cut whole orange into small pieces, or chop in processor. Add orange, cilantro or cumin, tomato and wine. Simmer 1 to 3 hours, or pressure cook 10 minutes. Let pressure drop of its own accord.
4. Serve hot with brown rice and greens. Top with orange slices.

VEGETARIAN BRAZILIAN FEIJOADA (FAYJWADA) (continued)

3. Wash and cut whole orange into small pieces, or chop in processor. Add orange, cilantro or cumin, tomato and wine. Simmer 1 to 3 hours, or pressure cook 10 minutes. Let pressure drop of its own accord.
4. Serve hot with brown rice and greens. Top with orange slices.

JAMAICAN RED BEANS AND RICE

Nutrition Note: This recipe makes 10 servings Each serving has 171 calories, less than 1 g fat, 5 g protein, 36 g carbohydrates, 3 g fiber, 37 mg calcium, 108 mcg folate, 200 mg potassium, and 537 mg sodium.

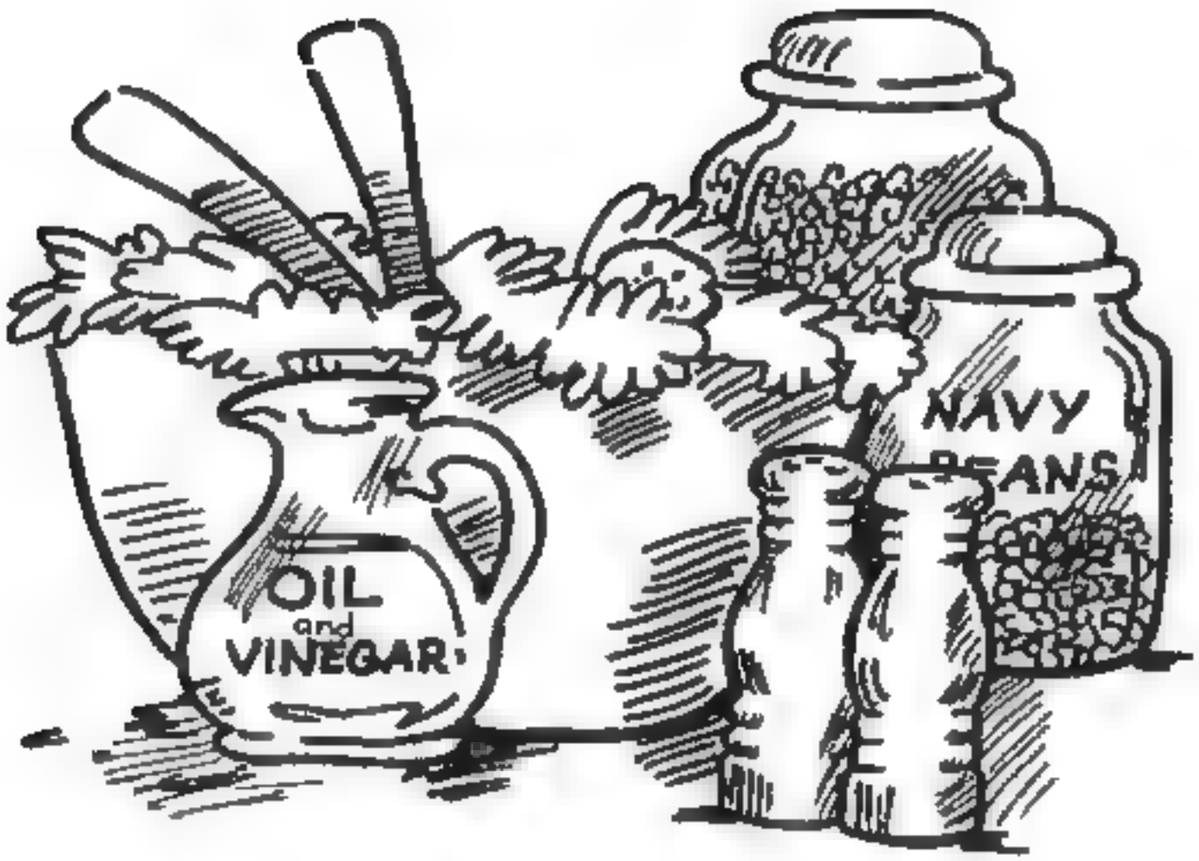
Ingredients:

- 1½ cups dry light or dark red kidney beans
- 2 teaspoons salt
- 1 clove garlic, crushed
- ½ cup unsweetened coconut milk
- 2 chopped green onions
- 2 sprigs fresh thyme (1-2 teaspoons dry)
- 1 whole jalapeno pepper
- 2 cups long-grain white rice
- Salt and pepper

Method:

1. Hot soak dry beans.
2. Cover beans with fresh water; add salt and garlic, stir. Simmer until tender, 30 to 60 minutes. Save 3 cups liquid; discard remaining liquid and garlic clove.
3. Return beans and reserved liquid to pot. Add coconut milk, scallions, thyme and chili pepper. When liquid comes to a boil, stir in rice.
4. Simmer, covered, 20 minutes. If needed, add 1 to 2 tablespoons oil to prevent boil over.
5. Remove from heat and let stand 15 minutes. Discard pepper. Stir with fork before serving. Season with salt and pepper, if desired.

Salads



JAMAICAN JERK CHICKEN

Nutrition Note This recipe makes 10 servings Each serving has 388 calories, 25 g fat, 31 g protein, 9 g carbohydrates, 2 g fiber, 47 mg calcium, 12 mcg folate, 399 mg potassium, and 695 mg sodium.

Ingredients:

- 10 boneless chicken breasts
- ½ cup vegetable oil
- 2 teaspoons chili powder
- 2 teaspoons onion salt
- 2 teaspoons basil, crushed
- 2 teaspoons thyme
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons ground ginger
- 2 teaspoons ground black pepper
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice
- 1 teaspoon cayenne pepper
- 2 teaspoons crushed red pepper
- 1 teaspoon salt
- ¼ cup sugar
- 1 onion, diced
- 1 green pepper, diced

Method:

1. Mix all ingredients except chicken in a small bowl. Pour into a large plastic bag. Add chicken; seal, turn and spread spices onto pieces until entirely coated.
2. Refrigerate, sealed, to marinate chicken 4 hours or overnight. Turn hourly, if possible.
3. Grill until meat thermometer registers 180°, juices run clear and meat is fork tender.

NAVY BEAN AND BROCCOLI SALAD

Nutrition Note: This recipe makes 4 servings Each serving has 122 calories, 5 g fat, 6 g protein, 15 g carbohydrates, 5 g fiber, 59 mg calcium, 92 mcg folate, 404 mg potassium, and 805 mg sodium.

Ingredients:

- 1 cup broccoli
- ½ cup navy or pinto beans, home-cooked or canned
- ½ cup no-oil Italian dressing*
- ¼ head lettuce, washed and chilled
- ¼ cup sunflower seed kernels

Method:

1. Steam broccoli until tender (or cook covered in microwave for 2 to 8 minutes).
2. Drain beans; combine with broccoli and dressing.
3. Chill several hours.
4. Tear up lettuce and toss with marinated mixture.
5. Sprinkle sunflower seeds on top and serve.

* Purchase in packaged (mix with water) or bottled varieties. It cuts the fat but leaves the flavor.

MANDARIN ORANGE -KIDNEY BEAN SALAD

Nutrition Note: This recipe makes 6 servings Each serving has 188 calories, 7 g fat, 4 g protein, 27 g carbohydrates, 6 g fiber, 32 mg calcium, 58 mcg folate, 318 mg potassium, and 182 mg sodium.

Ingredients:

1 can (15½-ounce) kidney beans, drained and rinsed
1 can (11-ounce) mandarin oranges, drained
2 stalks celery, sliced
½ cup poppy seed dressing
2 tablespoons sugar (or more to taste)
Lettuce leaves

Method:

1. Combine ingredients in a bowl.
2. Stir, cover and chill several hours or overnight.
3. Serve on lettuce leaf.
4. Optional: Substitute any favorite low-calorie creamy dressing for the poppy seed dressing.

SEABREEZE SALAD

Nutrition Note: This recipe makes 4 servings Each serving has 173 calories, 3 g fat, 16 g protein, 21 g carbohydrates, 6 g fiber, 64 mg calcium, 80 mcg folate, 548 mg potassium, and 551 mg sodium.

Ingredients:

- 1 can (15½-ounce) pinto beans, drained and rinsed
- 1 can (6½-ounce) tuna in water, drained
- 1 medium tomato, chopped
- ¼ cup green pepper, chopped
- ¼ cup celery, chopped
- ⅛ teaspoon ground black pepper
- 2 tablespoons low-calorie Italian dressing

Method:

1. Open the cans of beans and tuna; drain. Refrigerate several hours before making salad.
2. Separate tuna into chunks. Combine ingredients and serve.

Alternate dressing:

- ¼ cup chopped pickles
- ¼ cup minced onion
- ¼ cup fat-free mayonnaise or salad dressing

Combine ingredients and use in place of Italian dressing. Total recipe has 60 calories (5 calories per tablespoon); 2% calories from fat.

LITE ITALIAN PASTA BEAN SALAD

(Adapted from a North Dakota State University Dining Services recipe)

Nutrition Note This recipe makes 8 servings Each serving has 147 calories, 3 g fat, 8 g protein, 25 g carbohydrates, 6 g fiber, 91 mg calcium, 91 mcg folate, 367 mg potassium, and 365 mg sodium.

Ingredients:

- 1 cup dry spiral macaroni
- 1 small head fresh broccoli, cut into bite-size pieces
- 2 carrots, peeled and diced
- 1 tomato, diced
- 1 can (15½-ounce) black or great northern beans, drained and rinsed
- ¼ cup low-calorie Italian dressing
- ¼ cup grated Parmesan cheese

Method:

1. Cook macaroni in large saucepan of water until just tender. Drain and rinse with cold water.
2. In a large bowl mix broccoli, carrots and tomato.
3. Add rest of the ingredients to vegetables and stir gently. Cover and chill.
4. Before serving, stir salad; add additional dressing if necessary to moisten.

PERKY PASTA PICNIC

Nutrition Note (regular dressing): This recipe makes 8 servings. Each serving has 322 calories, 17 g fat, 11 g protein, 31 g carbohydrates, 4 g fiber, 50 mg calcium, 89 mcg folate, 245 mg potassium, and 586 mg sodium.

Ingredients:

- ½ pound spiral macaroni
- 1 can (15½ -ounce) or 1⅔ cups cooked kidney or other colored beans, drained
- 4 ounces sliced salami, cut in pieces
- ¾ cup creamy Italian garlic dressing (or low-calorie Italian)
- ¼ cup Parmesan cheese

Method:

1. Cook macaroni in a large pan of boiling water until just tender. Drain and rinse with cold water or refrigerate.
2. In a large bowl, combine dressing and Parmesan cheese.
3. Add macaroni, beans and salami; mix well.

LOW-FAT MARINATED VEGETABLE SALAD

Nutrition Note: This recipe makes 8 servings Each serving has 130 calories, less than 1 g fat, 5 g protein, 27 g carbohydrates, 6 g fiber, 36 mg calcium, 36 mcg folate, 210 mg potassium, and 174 mg sodium.

Ingredients:

- 1 package (16-ounce) frozen California-blend vegetables
- ½ cup chopped celery
- 1 medium onion, chopped
- 1 green pepper, chopped
- ½ cup vinegar
- ½ cup sugar
- ½ teaspoon salt
- 1 tablespoon flour
- 1 teaspoon dry mustard
- 1 can (15½-ounce) red kidney beans, drained and rinsed

Method:

1. Cook frozen vegetables according to package directions. Set aside to cool.
2. Combine sugar, flour, salt and mustard. Add vinegar and cook until clear, stirring constantly.
3. Allow dressing to cool.
4. Combine cooked and fresh vegetables; add dressing. Mix and refrigerate several hours to blend flavors.
5. Stir beans into salad before serving.

SIMPLE WHITE BEAN SALAD

Nutrition Note: This recipe makes 8 servings Each serving has 175 calories, 4 g fat, 8 5 g protein, 27 g carbohydrates, 6 g fiber, 61 mg calcium, 81 mcg folate, 433 potassium, and 485 mg sodium.

Ingredients:

2 15 16 ounce cans white beans, navy, cannellini, great northern
3 4 green onions, minced
1 large peeled tomato, cubed
½ sweet red pepper, chopped
½ sweet yellow pepper, chopped

Dressing:

2 tablespoons olive oil
4 tablespoons balsamic vinegar
1-2 tablespoons Splenda or sugar
½ teaspoon Dijon mustard

Method:

1. Drain and rinse beans. Pour into a 3 quart bowl.
2. Add remaining vegetables.
3. In a small bowl, use a whisk or fork to combine dressing ingredients with 1 tablespoon of Spenda or sugar. Pour over beans and vegetables. Stir thoroughly to combine. Taste test and add second tablespoon of sweetener if desired.
4. Serve in a salad bowl. Store leftovers covered in the refrigerator.
5. Additional optional ingredients: Jalapeño chiles, celery, cucumbers, more onion.

MARINATED VEGETABLE SALAD

Nutrition Note This recipe makes 20 servings Each serving has 195 calories, 6 g fat, 6 g protein, 30 g carbohydrates, 7 g fiber, 13 mg calcium, 61 mcg folate, 117 mg potassium, and 200 mg sodium.

Dressing Ingredients:

- 1 cup vinegar
- 1 cup sugar
- ½ cup oil
- 1 teaspoon celery seed

Method:

In a small saucepan, combine the dressing ingredients and bring to a boil over high heat. Set aside to cool while you get the rest of the salad ready.

Salad Ingredients:

- 1 cup chopped celery
- 1 cup chopped raw carrots
- 1 large onion, diced
- 1 can (15-ounce) whole-kernel corn, drained
- 1 can (15-ounce) green beans, drained
- 3 cans (15½-ounce) cans kidney beans (or a mixture of garbanzo, pinto or butter beans)

(continued)

FIESTA SALAD

Nutrition Note: This recipe makes 10 servings (5 cups salad). Each serving has 110 calories, 3 5 g fat, 4 g protein, 17 g carbohydrate, 3 g fiber, 22 mg calcium, 21 mcg folate, 93 mg potassium, and 424 mg sodium.

Ingredients:

1	package (1.25-ounce) taco seasoning mix	¼	cup water
2	tablespoons canola or olive oil	¼	cup vinegar

1 can (14–16 ounce) whole-kernel corn, drained
1 can (15-16 ounce) pinto beans, drained and rinsed
2 tomatoes, peeled and diced
¼ cup red, yellow or green pepper, diced
4 green onions, cleaned and finely chopped

Method:

1. Mix taco seasoning, oil, water and vinegar together in a 6 cup bowl.
2. Add vegetables and stir.
3. Cover and chill several hours or overnight.

MARINATED VEGETABLE SALAD (continued)

Method:

Combine vegetables and beans. Pour cooled dressing over vegetables and refrigerate overnight. Use a slotted spoon to serve salad.

Note: Each serving of this salad has 195 calories with 29% of the calories from fat. If half the dressing is drained off, each serving contains 130 calories, with 21% of the calories from fat.

3+3 BEAN SALAD

Nutrition Note: This recipe makes 16 servings Each serving has 223 calories, 8 g fat, 7 g protein, 35 g carbohydrates, 7 g fiber, 47 mg calcium, 41 mcg folate, 260 mg potassium, and 471 mg sodium.

Ingredients:

- 1 can (16-ounce) green beans
- 1 can (15-ounce) dark red kidney beans
- 1 can (15-ounce) garbanzo beans
- 1 can (15-ounce) great northern or navy beans
- 1 can (15-ounce) pinto beans
- 1 can (15-ounce) black beans
- ¼ cup sliced green onions and tops

Ginger Dressing Ingredients:

- ½ cup canola oil
- ¾ cup apricot preserves
- ⅓ cup cider vinegar or rice wine vinegar
- ¼ cup sugar
- 1 teaspoon ground ginger

Method:

1. Mix ingredients for Ginger Dressing in a large bowl with a cover.
2. Drain and rinse beans; add to Ginger Dressing and mix.
3. Cover and refrigerate.
4. Turn the bowl over occasionally to mix dressing and ingredients.

NAVY BEAN SHRIMP SALAD

Nutrition Note: This recipe makes 8 servings Each serving has 231 calories, 12 g fat, 17 g protein, 16 g carbohydrates, 4 g fiber, 76 mg calcium, 57 mcg folate, 446 mg potassium, and 546 mg sodium.

Ingredients:

- 1 can (15.5-ounce) navy beans
- 3 tablespoons sweet red or green onion
- ½ cup fresh Italian parsley leaves
- ¼ cup lemon juice
- 2 tablespoons Dijon mustard
- ⅓ cup olive oil
- 1 pound cooked shrimp
- 4 tomatoes
- Salt and pepper
- Lettuce
- 8 black olives

Method:

1. Drain navy beans in a sieve or colander; reserve 2 tablespoons liquid. Rinse beans.
2. Dressing: Cut onion into pieces. Use a scissor to snip parsley off stems into a ½ -cup measure; do not wash or pack. Set both aside.
3. In a blender or small food processor, combine bean liquid with lemon juice and mustard.
4. Turn machine on. Pour olive oil in a thin steam through the hole in the top as machine is running.
5. Remove cover, add onion and parsley. Cover; puree vegetables thoroughly.

(continued)

NAVY BEAN SHRIMP SALAD (continued)

6. Salad: Remove shrimp from refrigerator or thaw according to package directions.
7. Remove tails. Put beans and shrimp in a bowl with a cover.
8. Add dressing to beans and shrimp, scraping out blender container. Stir.
9. Cover and refrigerate overnight.
10. When preparing to serve the salad, cut tomatoes in half. Squeeze out seeds and discard. Coarsely chop tomatoes and stir into bean-shrimp mixture. Add salt and pepper to taste.
11. Tear off washed lettuce leaves; place one on each plate. Toss salad lightly, drain off any excess dressing, and spoon into mounds on lettuce. Top with black olives. Serve.

LEAN PINTO'N PASTA SALAD

Nutrition Note: This recipe makes 8 servings Each serving has 147 calories, 3 g fat, 7 g protein, 25 g carbohydrates, 5 g fiber, 65 mg calcium, 57 mcg folate, 316 mg potassium, and 612 mg sodium.

Ingredients:

- 1 cup uncooked rotini or penne (curly) pasta
- 1 can (15.5-ounce) pinto beans
- 1 red or green bell pepper, cleaned, chopped
- 1 small (6") zucchini, diced
- Broccoli florets from one small head
- 1 cup peeled, sliced carrots

Method:

1. Cook pasta according to package directions; cool.
2. Drain beans into a sieve or colander; rinse. Measure out ½ cup beans for dressing.
3. Make Creamy Bean Dressing (recipe follows).
4. Combine pasta, remaining beans, vegetables and dressing in bowl; toss well.

(continued)

BLT SALAD
(BEAN, BACON, LINGUINE AND TOMATO SALAD)

Nutrition Note This recipe makes 8 servings Each serving has 163 calories, 7 g fat, 6 g protein, 21 g carbohydrates, 6 g fiber, 62 mg calcium, 92 mcg folate, 303 mg potassium, and 126 mg sodium.

Ingredients:

- 2 ounces dry linguine pasta
- 1 can (15-ounce) navy beans
- 1 ripe tomato, diced
- ¼ cup sliced black olives
- ½ cup diced celery
- ¼ teaspoon lemon pepper
- ½ cup creamy ranch with bacon dressing

Method:

1. Cook linguine pasta until just tender, rinse with cold water and drain.
2. Drain and rinse navy beans.
3. In a medium-size bowl, gently mix pasta, beans and remaining ingredients.
4. Chill, covered, a few hours to allow flavors to blend. Add more dressing to moisten, if necessary, before serving.
5. Garnish with cherry tomatoes, whole black olives or bacon-flavored chips.

LEAN PINTO'N PASTA SALAD (continued)

Creamy Bean Dressing (1 batch)

Ingredients:

- ½ cup pinto beans
- 3 tablespoons nonfat sour cream
- 2 tablespoons red wine vinegar
- 1 tablespoon olive or salad oil
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1 teaspoon dry basil leaves, crushed
- 1 tablespoon fresh parley leaves
- 2 (or more) tablespoons water
- 1 teaspoon salt, optional

Method:

1. Process all ingredients in blender or food processor until smooth. Add 1 tablespoon water at a time to make a medium, pourable consistency.
2. Double the dressing recipe if amount of salad ingredients exceeds 5 to 6 cups.
3. Optional: Taste dressing; and double the mustard, garlic and basil for added flavor.

PINTO BEAN SALAD

Nutrition Note: This recipe makes 8 servings Each serving has 82 calories, 1 g fat, 6 g protein, 12 g carbohydrates, 3 g fiber, 83 mg calcium, 48 mcg folate, 214 mg potassium, and 310 mg sodium.

Ingredients:

- 1 can (15.5-ounce), or 2 cups home-cooked pinto beans
- 1 cup diced celery
- ½ bunch green onions
- ¾ cup reduced-fat shredded Colby and Monterey Jack or Cheddar cheese
- ¼ cup fat-free Thousand Island dressing
- Lettuce
- Bacon bits

Method:

1. Drain pinto beans in a strainer or colander.
2. Wash, clean and finely slice green onions.
3. Combine pinto beans, celery, green onions and cheese in a serving bowl.
4. Stir in dressing to thoroughly moisten, adding more dressing and salt as desired.
5. Refrigerate, covered. Serve cold on a lettuce leaf. Garnish with bacon bits.

Options: Substitute mayonnaise or salad dressing for a milder-flavored salad.
Add chopped green chilies. Store-bought chili dressing or chili powder added to mayonnaise or salad dressing may be substituted for green chilies.

SHANGHAI SALAD

Nutrition Note: This recipe makes 5 servings Each serving has 355 calories, 14 g fat, 21 g protein, 41 g carbohydrates, 6 g fiber, 63 mg calcium, 33 mcg folate, 566 mg potassium, and 814 mg sodium.

Ingredients:

- 1 package (3-ounce) ramen noodles
- Vegetable cooking spray
- 2 tablespoons slivered almonds, toasted
- 1 head green leaf lettuce
- 1 red or green bell pepper, chopped
- 8 ounces boneless, skinless chicken breast, cooked and cubed
- 1 15.5-ounce can black beans
- Asian Dressing (recipe below)

Method:

1. Break ramen noodles into pieces on a baking sheet. Spray with vegetable cooking spray.
2. Bake at 350° until light brown, about 5 minutes, stirring once. Cool.
3. Wash and drain greens. Tear lettuce into bite-size pieces.
4. Pour black beans into a strainer or colander in the sink. Rinse with cold water.
5. Combine half the ramen noodles, remaining ingredients and dressing in large bowl; toss well. Garnish with remaining noodles.

(continued)

SHANGHAI SALAD (continued)

Asian Dressing Ingredients:

- ¼ cup rice wine vinegar
- 3 tablespoons sugar
- 1 tablespoon + 2 teaspoons soy sauce
- 2 tablespoons oriental toasted sesame oil
- 1½ tablespoons honey

Method:

Combine ingredients in a small bowl, whisking until sugar is dissolved.

Tip: Use same spoon to measure the oil, then honey so it will pour out easily.

CORNBREAD SALAD

Adapted from: www.bbonline.com, Recipes and Cookbooks: Salads section.
Mississippi Cornbread Salad by Lake Guntersville Bed & Breakfast, Guntersville, Alabama

Nutrition Note This recipe makes 12 servings Each serving has 219 calories, 6 g, 8 g protein, 31 g carbohydrates, 4 g fiber, 103 mg calcium, 47 mcg folate, 242 mg potassium, and 694 mg sodium.

Ingredients:

- 1 package (8½-ounce) cornbread mix
- 1 1-ounce package ranch-style dressing mix
- 1 cup (8-ounces) fat-free sour cream
- 1 cup fat-free mayonnaise
- 3 vine-ripened tomatoes
- ¼ cup chopped red bell pepper
- ¼ cup chopped green bell pepper
- ¼ cup chopped green onions with tops
- 1 can (15.5-ounce) pinto beans, drained and rinsed
- 1 cup (4 ounces) shredded reduced-fat cheddar cheese
- 5 thick bacon slices, cooked crisp and crumbled
- 1 can (15-ounce) corn, drained

(continued)

BEAN (INSTEAD-OF-POTATO) LOW GLYCEMIC SALAD

Nutrition Note: This recipe makes 8 servings Each serving has 87 calories, less than 1 g fat, 5 g protein, 16 g carbohydrates, 3 g fiber, 33 mg calcium, 45 mcg folate, 236 mg potassium, and 199 mg sodium.

Ingredients:

- 2 cups cooked cranberry beans
  or 1 can (15.5-ounce) great northern beans
- 2 hard-cooked eggs
- 1 celery rib
- 3 large red radishes
- ¼ cup sweet pickle relish
- ½ teaspoon creamy yellow mustard
- ½ cup fat-free mayonnaise
- 1 tablespoon lemon juice or vinegar

Method:

1. In a strainer or colander, drain and rinse beans.
2. Clean and dice eggs and radishes. Remove strings from celery with a knife; dice.
3. In a 2-quart or medium-sized bowl, combine all ingredients, stirring gently to keep beans and egg pieces intact.
4. Refrigerate and serve cold. Garnish with radish slices.

Fat-free mayonnaise will thin out if kept overnight.
Regular mayonnaise won't thin, but is a high-fat food.

CORNBREAD SALAD (continued)

Method:

1. Prepare cornbread as directed on the package; cool and cut in 6 pieces, or use leftover corn bread (page 170).
2. Combine ranch dressing mix, sour cream and mayonnaise; refrigerate.
3. Mix tomatoes, peppers and onion.
4. Crumble 2 pieces of cornbread into a 2-quart glass bowl or 9x13-inch glass pan.
5. Top with half of each ingredient: beans, vegetable mixture, cheese, bacon and corn.
6. Carefully spread half of the dressing over the corn.
7. Add another layer of 2 pieces of crumbled cornbread.
8. Repeat the layers, ending with a topping of cornbread.
9. Cover with plastic wrap and refrigerate.

CRANBERRY BEAN VEGGIE SALAD

Nutrition Note: This recipe makes 8 servings Each serving has 117 calories, 5 g fat, 4 g protein, 14 g carbohydrates, 5 g fiber, 27 mg calcium, 59 mcg folate, 247 mg potassium, and 273 mg sodium.

Ingredients:

- 2 cups cooked cranberry beans, OR one can (15.5-ounce) pinto beans
- 3 tablespoons canola oil
- ¼ cup onion
- 1 cup frozen corn
- 2 medium fresh tomatoes
- ¼ cup chives
- ½ teaspoon dry rosemary
- 2 tablespoons red wine vinegar
- Salt and pepper

Method:

1. Drain and rinse beans in a strainer or colander. Place beans in a 2-quart bowl.
2. Rinse corn with hot water, using the same strainer. Add to beans.
3. Chop onion finely. Heat oil in a small frying pan; sauté onion 2 to 5 minutes.
4. Cut tomatoes into small pieces. Snip chives finely with a scissor.
5. Add all ingredients to bowl and stir; salt and pepper to taste.
6. Refrigerate. Use a slotted spoon to serve.

BLACK AND WHITE BEAN SALAD

From: Campbell's Kitchen

Nutrition Note This recipe makes 6 servings Each serving has 200 calories, 3 g fat, 11 g protein, 36 g carbohydrates, 9 g fiber, 67 mg calcium, 58 mcg folate, 416 mg potassium, and 692 mg sodium.

Ingredients:

- 1 cup V8® 100% Vegetable Juice
- 1 tablespoon vegetable oil
- ¼ teaspoon garlic powder or 2 cloves garlic, minced
- ½ teaspoon onion powder or 1 small onion, minced
- 1 can (15.5-ounce) black beans
- 1 can (15.5-ounce) navy beans
- 1 sweet red, yellow or orange pepper
- 1 cup frozen corn
- Optional: 1-2 tablespoons diced green chilies

Method:

1. In a 2-quart bowl or container, mix juice, oil and garlic.
2. Drain and rinse beans in a sieve or colander. Clean and chop pepper and onion.
3. Add beans, pepper, onion and corn to juice mixture. Stir to combine.
4. Refrigerate at least 2 hours or overnight.

POTLUCK SLAW

Nutrition Note: This recipe makes 12 servings Each serving has 164 calories, 6 g fat, 5 g protein, 23 g carbohydrates, 4 g fiber, 46 mg calcium, 56 mcg folate, 260 mg potassium, and 491 mg sodium.

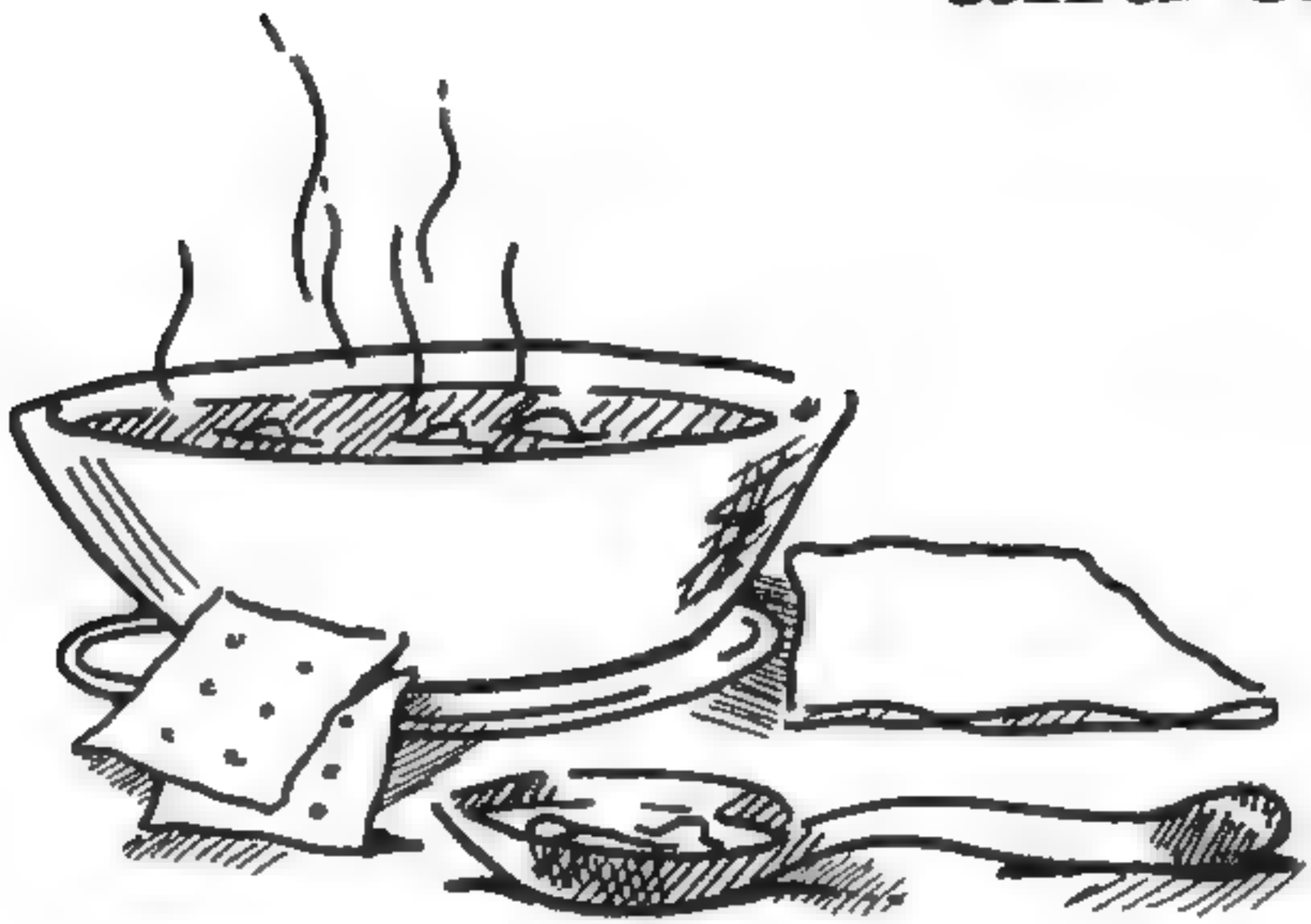
Ingredients:

- 1 bag (16-ounce) coleslaw
- 1 can (15.5-ounce) navy beans
- 2 green onions
- 2 stalks celery
- 1 bottle (16-ounce) light Italian dressing
- ½ cup vinegar
- ½ cup white sugar
- 2 tablespoons canola oil
- 2 cups frozen green peas

Method:

1. Pour bag of coleslaw into a salad spinner or large sieve. Wash thoroughly with cold water. Drain and pour into an 8-to 10-cup (2-to 2½-quart) bowl.
2. Drain and rinse beans. Add to cabbage.
3. Clean and chop green onions and celery. Add.
4. Pour dressing, vinegar and sugar over salad. Stir and taste. Adjust vinegar and sugar if desired.
5. Refrigerate.
6. Add frozen peas; stir salad. Transport in a cooler with ice.

Soups, stews and chilies



MARINATED BLACK BEAN SALAD

Nutrition Note: This recipe makes 10 servings Each serving has 99 calories, 3 g fat, 3 g protein, 13 g carbohydrates, 3 g fiber, 23 mg calcium, 10 mcg folate, 59 potassium, and 137 mg sodium.

Ingredients:

1 15 or 16-ounce can black beans
1½ cups cooked brown rice (1/2 c. dry)
2 tablespoons onion, chopped
1½ cups broccoli, chopped

Dressing:

2 tablespoons canola or olive oil
2 tablespoons red wine vinegar
¾ teaspoon dry thyme
¼ teaspoon garlic powder
1½ teaspoons parsley flakes, dried
¼ teaspoon black pepper

Method:

1. Drain and rinse black beans. Add brown rice, onion and broccoli. Gently mix.
2. In a small bowl, mix remaining ingredients for dressing.
3. Add dressing to bean mixture. Mix gently.
4. Refrigerate to allow flavor to develop. Serve chilled.

CHUCKWAGON CHILI

Nutrition Note: This recipe makes 4 servings Each serving has 397 calories, 12 g fat, 24 g protein, 50 g carbohydrates, 14 g fiber, 161 mg calcium, 161 mcg folate, 1,209 mg potassium, and 714 mg sodium.

Ingredients:

- 1 teaspoon oil
- ½ pound lean ground beef
- 1-2 large green bell peppers, diced
- 1 large onion, chopped fine
- 1 teaspoon garlic powder, or dry or fresh minced garlic
- 4 cups (or two 15½-ounce cans) cooked pinto beans, undrained
- 1 can (16-ounce) tomatoes, chopped
- 3 cups water
- 2 tablespoons cornmeal
- 1 tablespoon chili powder
- 1 teaspoon dried oregano, crushed
- 1 teaspoon cumin (optional)
- 1 teaspoon paprika (optional)

Method:

1. Put oil in frying pan or electric skillet. Cook beef until brown. Drain off any fat.
2. Add peppers, onion and garlic; cook for 3 to 5 minutes.
3. Add remaining ingredients.
4. Simmer, uncovered, on low heat. Stir occasionally until thick.

Serve hot with cornbread, green salad and fresh fruit for dessert.

WHITE CHILI

Nutrition Note: This recipe makes 8 servings Each serving has 377 calories, 11 g fat, 31 g protein, 40 g carbohydrates, 13 g fiber, 241 mg calcium, 284 mcg folate, 1,036 mg potassium, and 554 mg sodium.

Ingredients:

- 1 pound dry great northern beans
- 1½ pounds ground turkey
- 2 teaspoons garlic powder, or dry or fresh minced garlic
- 2 medium onions, chopped
- ½ teaspoon pepper
- 1 teaspoon salt
- 2 teaspoons ground cumin
- 1 can (4-ounce) medium or hot green chili peppers, diced
- 4 ounces reduced-fat Monterey Jack cheese, shredded

Method:

1. Soak beans using hot soak method. (Do this the night before.)
2. Cover beans with water and simmer until tender.
3. Brown ground turkey, drain off any fat.
4. Combine in a crockpot: beans and liquid, ground turkey, garlic, onion, pepper, salt, cumin and chili peppers. Stir, cover and cook on low for 3 to 10 hours.
5. Taste; add more chili peppers one tablespoon at a time if a hotter taste is desired.
6. Ladle chili into soup bowls and top with shredded cheese.

WHITE CHILI (continued)

A quick version of this recipe can be made by substituting 3 15.5 16 ounce cans of drained and rinsed white beans for the home cooked beans, 1 cup water and 2-3 cups leftover, cooked, diced chicken or turkey for the ground turkey. Leave out the salt; there is enough in the canned beans.

Method:

1. Use a large skillet or heavy pan to sauté the garlic and onions. Add the pepper, cumin and chili peppers. Add the canned beans, water and meat. Stir.
2. Simmer 10 minutes. Taste and add more chili peppers, if desired.
3. Serve hot topped with cheese.

ZIPPY BEAN MINESTRONE

Nutrition Note: This recipe makes 6 servings Each serving has 294 calories, 5 g fat, 13 g protein, 53 g carbohydrates, 13 g fiber, 104 mg calcium, 106 mcg folate, 892 mg potassium, and 893 mg sodium.

Ingredients:

- 1 package (16-ounce) frozen mixed vegetables
- 1 jar (15½-ounce) spaghetti sauce
- 1 cup water
- 1 can (10½-ounce) beef broth
- 1 can (16-ounce) pork and beans
- 1 can (15½-ounce) kidney beans
- ½ cup pasta shells

Method:

1. Cook vegetables according to package directions, or place vegetables in a microwave dish, cover and cook for 8 minutes. Cook a little longer if you have a smaller microwave oven.
2. Combine rest of ingredients with cooked mixed vegetables.
3. In a large non-aluminum pot, bring to a boil. Reduce heat and simmer, covered, for 20 to 25 minutes. Add water if needed.

This recipe may be made in the crockpot. Set on low for 2 to 4 hours or set on high until it begins to simmer, then switch to low for an hour or more. (For thinner soup, double the broth). The pasta may fall apart if cooked too long.

BEEF MINESTRONE

Nutrition Note: This recipe makes 8 servings Each serving has 279 calories, 13 g fat, 19 g protein, 21 g carbohydrates, 4 g fiber, 106 mg calcium, 66 mcg folate, 544 mg potassium, and 529 mg sodium.

Ingredients:

- 1 pound lean ground beef
- 1 large onion, chopped
- 6 cups water
- 1 cup potatoes, peeled and cubed
- 1 cup carrots, peeled and sliced
- ½ cup celery, diced
- 1 cup cabbage, shredded
- 1 can (16-ounce) tomatoes (or 1 quart fresh, peeled)
- 1 cup cooked beans
- 1 small bay leaf
- ½ teaspoon thyme
- ½ teaspoon basil
- 1 teaspoon salt
- ⅛ teaspoon ground pepper
- 1 cup dry macaroni (shells or elbows)
- 4 ounces shredded reduced-fat cheddar cheese

Method:

1. Brown beef; add onion; cook until onions are clear.
2. In large soup pot, combine beef with all other ingredients except macaroni and cheese.
3. Simmer for 1 to 2 hours.
4. Add macaroni and simmer until macaroni is tender, 15 to 20 minutes.
5. Remove the bay leaf. Serve topped with shredded cheese.

VEGETARIAN CHOWDER

Nutrition Note: This recipe makes 12 servings Each serving has 266 calories, 7 g fat, 14 g protein, 39 g carbohydrates, 11 g fiber, 210 mg calcium, 175 mcg folate, 778 mg potassium, and 683 mg sodium.

Ingredients:

- 1 pound (2 cups) dry navy beans
- 1 cup chopped onions
- 1½ cup chopped celery
- ¼ cup margarine
- ¼ cup flour
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 3 cups skim milk
- 1 can (16-ounce) tomatoes
- 1 can (16-ounce) whole kernel corn
- ¼ pound American cheese

Method:

1. Soak dry beans using the hot soak method. (Do this the night before or early in the day.) Drain beans.
2. In a large kettle, cover beans with 6 to 8 cups of water. Add salt; simmer until beans are tender.
3. In a saucepan, cook onion and celery briefly in margarine. Blend in flour and pepper; stir and cook 1 minute. Add milk; continue stirring until sauce boils.
4. Add sauce and rest of ingredients to beans. Heat to boiling.
5. For extra zip, add a few dashes of bottled hot sauce (Tabasco).

SENATE BEAN SOUP

Nutrition Note: This recipe makes 6 servings Each serving has 219 calories, 3 g fat, 15 g protein, 35 g carbohydrates, 14 g fiber, 89 mg calcium, 197 mcg folate, 813 mg potassium, and 20 mg sodium.

Ingredients:

1½	cups dry navy or great northern beans
8	cups water
1	smoked ham hock
1	medium potato, finely diced
1	onion, diced
½	cup celery, diced
½	teaspoon garlic powder, or dry or fresh minced garlic

Method:

1. Soak dry beans using the hot soak method. (Do this the night before or early in the day.)
2. In a large pan, combine soaked beans, water and ham hock.
3. Cover and simmer 2 hours.
4. Add potato, onion, celery and garlic. Simmer 1 hour.
5. Remove ham hock and cut up meat.
6. Remove 1 cup beans with enough liquid to cover beans. Mash by hand, in a blender or in a food processor.
7. Return meat and pureed beans to soup. Heat.
8. Season to taste with salt and pepper.

HADRAVA CANNELLINI SOUP

Nutrition Note: This recipe makes 10 servings (14 cups soup) Each serving has 244 calories, 3 g fat, 22 g protein, 33 g carbohydrates, 8 g fiber, 112 mg calcium, 18 mcg folate, 277 potassium, and 422 mg sodium.

Ingredients:

- 2 cups dry cannellini or white kidney beans
- 10 cups cold water
- OR 3 or 4 cans (15-16 ounce) cannellini beans
- 1 stalk celery
- 1 onion
- 1 pound baby carrots
- 1 pound boneless smoked ham
- 1 3-ounce package real bacon bits
- 1 tablespoon season salt
- 1 tablespoon basil
- 1 tablespoon liquid smoke
- Ground black pepper

Method:

1. Hot soak beans. Pour 10 cups cold water in a 4 – 8 quart pot. Heat to boiling. Sort and rinse dry beans. Add to boiling water, boil 2 – 3 minutes. Remove from heat, cover and set aside to soak for 1 to 16 hours.
2. Drain beans, rinse beans and pot. Add cold water to cover the beans by 3 inches. Stir and set on the stove to heat.

(continued)

HADRAVA CANNELLINI SOUP (continued)

3. Dice celery and onion. Slice baby carrots into four or five pieces. Cut ham into ½ inch cubes. Add vegetables, ham, bacon and seasonings. Add more water to cover all the ingredients by 1 inch.
4. Stir and simmer for 3 hours. Mash a bean with a spoon to check if it is tender. If not, increase heat and simmer another ½ hour. Adjust seasonings to personal taste.
5. Serve hot with crackers and fruit. Refrigerate or freeze leftovers.

PORTUGUESE KALE SOUP

(Couve Soup pronounced cooweaves Green Broth or Green Soup)

Nutrition Note: This recipe makes 16 servings Each serving has 184 calories, 4 g fat, 12 g protein, 27 g carbohydrates, 4.5 g fiber, 74 mg calcium, 29 mcg folate, 764 potassium, and 1023 mg sodium.

Ingredients:

1 quart Portuguese beans already prepared (OR 2 15-16 ounce cans pinto beans, drained and rinsed and ½ t. allspice, ½ t. cinnamon, ¼ t. cloves, ½ t. ground bay leaf, 1 or 2 teaspoons garlic, ¼ t. chili powder, 1 teaspoon cumin, 1 8-ounce can tomato sauce and 3 or 4 pieces diced, cooked bacon if you have it.)
2 tablespoons olive oil
1 medium onion
2 cloves garlic or 1 teaspoon dry garlic
4 celery stalks
3 large carrots or 12 16 baby carrots
3 medium potatoes
4 14 – 16-ounce cans chicken broth
1 pound cooked ham or spicy garlic sausage, cubed Or 1 ham bone with meat
1 teaspoon cumin
⅓ teaspoon black pepper
1 bunch of Kale, 7-8 stems 8 ounces

(continued)

PORTUGUESE KALE SOUP (continued)

Method:

1. Heat a 6 or 8 quart pot on the stove top. Pour olive oil into pan. Clean, peel and chop vegetables in the order given onion and garlic, celery, carrots and potatoes. Add each to the pot as it is prepared and stir.
2. Add broth, Portuguese beans, ham, cumin and black pepper, stir. Bring to a simmer as you prepare the kale.
3. Cut the back rib and any dry or brown spots out of the kale leaves. Chop or shred the kale into small pieces using a sharp knife or processor. Add kale to soup. Simmer minimum of 30 minutes. If the soup cooks for more than an hour, check and add water if needed.
4. Fifteen minutes before serving, add macaroni. Stir and simmer 15 minutes.
5. Serve hot with crusty bread and crackers. Refrigerate and/or freeze leftovers.

ZESTY BEAN STEW WITH MEATBALLS

Nutrition Note: This recipe makes 8 servings Each serving has 490 calories, 16 g fat, 19 g protein, 68 g carbohydrates, 8 g fiber, 63 mg calcium, 56 mcg folate, 577 mg potassium, and 194 mg sodium.

Ingredients:

- 1 pound ground beef
- 1 slice bread, torn into crumbs
- 1 egg
- 2 tablespoons water
- ¼ teaspoon nutmeg
- ¼ teaspoon pepper
- 1 tablespoon onion, chopped very fine
- 1 tablespoon oil
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- ¾ cup pineapple juice
- 1 tablespoon lemon juice or vinegar
- 1 tablespoon soy sauce
- 2 tablespoons brown sugar
- ½ teaspoon Chinese 5 spice powder (optional)
- 1 can (15½-ounce) kidney beans, drained
- 1 cup pineapple chunks, drained
- 1 medium onion, cut into ¾-inch cubes
- 1 small green pepper, cut into ¾-inch cubes
- 8 cups cooked instant brown rice

(continued)

ZESTY BEAN STEW WITH MEATBALLS (continued)

To prepare meatballs:

1. Combine and mix ground beef, breadcrumbs, egg, water, nutmeg, pepper and onion. Form into 24 mini-meatballs.
2. Brown meatballs in oil, turning to brown all sides.
3. Keep warm.

To prepare sauce:

4. Combine cornstarch and cold water. Add pineapple juice, lemon juice or vinegar, soy sauce, brown sugar and Chinese 5-spice powder (if using).
5. Cook and stir over medium heat until thickened and clear.

To prepare stew:

6. Combine sauce, beans, pineapple chunks and onions.
7. Simmer 15 minutes to allow flavors to blend.
8. Add green peppers during last few minutes of cooking time to heat through, but keep their color and crispness.
9. Add warm meatballs.
10. Serve over cooked rice.

SPICY BEAN SOUP WITH DUMPLINGS

Nutrition Note: This recipe makes 6 servings Each serving has 293 calories, 4 g fat, 13 g protein, 55 g carbohydrates, 13 g fiber, 135 mg calcium, 140 mcg folate, 831 mg potassium, and 609 mg sodium.

Soup Ingredients:

- 2 cans (15-16 ounce) beans such as kidney, pinto or great northern, drained and rinsed
- 3 cups water
- 1 can (14-15 ounce) stewed tomatoes
- 1 can (15-ounce) whole-kernel corn, drained
- 2 medium carrots, sliced (about 1 cup)
- 1 large onion, chopped (1 cup)
- 1 can (4-ounce) chopped mild green chili peppers, undrained
- 2 tablespoons instant beef or chicken bouillon granules
- 1-2 teaspoons chili powder
- 1 teaspoon garlic powder or 2 cloves garlic, chopped fine

Method:

1. Combine all ingredients in a slow cooker (Crockpot) and cook on low heat for 10 to 12 hours (or on high heat for 4 to 5 hours).
2. About 45 minutes before mealtime, turn the slow cooker to high heat. Mix together the dumpling recipe.

(continued)

SPICY BEAN SOUP WITH DUMPLINGS (continued)

Cornmeal Dumpling Ingredients:

- ⅓ cup white flour
- ¼ cup cornmeal
- 1 teaspoon baking powder
- Dash salt
- Dash pepper
- 1 egg white, beaten
- 2 tablespoons low-fat milk
- 1 tablespoon cooking oil

Method:

1. In a small mixing bowl, stir together the dry ingredients.
2. In another bowl, combine the egg, milk and oil.
3. With a fork, gently stir the egg mixture into the flour mixture. Do not overmix. Drop rounded teaspoons of dumpling mixture on top of the soup.
4. Cover the soup and cook for 30 minutes more.

BEAN AND SAUSAGE STEW

Nutrition Note (Polish sausage): This recipe makes 4 servings. Each serving has 448 calories, 17 g fat, 23 g protein, 51 g carbohydrates, 15 g fiber, 132 mg calcium, 176 mcg folate, 1,144 mg potassium, and 573 mg sodium.

Nutrition Note (turkey sausage): This recipe makes 4 servings. Each serving has 351 calories, 6 g fat, 26 g protein, 51 g carbohydrates, 15 g fiber, 136 mg calcium, 177 mcg folate, 1,158 mg potassium, and 412 mg sodium.

Ingredients:

- ½ pound Polish or German sausage, or low-fat turkey sausage
- 1 large onion, sliced
- 1 cup sliced celery
- 2 cups sliced, peeled carrots
- 1 can (15½-ounce) great northern beans with liquid
- 1 can (15½-ounce) red beans with liquid
- 2 cups water

Method:

1. Slice sausage into ¼-inch thick rounds and fry until brown.
2. Add onion to sausage and brown. Drain off grease.
3. In a large pan, combine sausage and onions with rest of ingredients.
4. Cover and simmer 45 to 60 minutes.

MEXICAN BEAN BEEF SOUP

Nutrition Note: This recipe makes 6 servings Each serving has 305 calories, 9 g fat, 23 g protein, 33 g carbohydrates, 12 g fiber, 102 mg calcium, 22 mcg folate, 968 mg potassium, and 923 mg sodium.

Ingredients:

- 1½ cup dry pinto beans
- 1 pound lean beef cubes
- 1 tablespoon oil
- 4 cups water
- 2 small onions, minced
- 1 teaspoon garlic powder, or dry or fresh minced garlic
- 1 cup celery, finely chopped
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon chili powder
- 1 can (16-ounce) tomatoes (or 2 cups fresh, peeled)

Method:

1. Soak beans using the hot soak method. (Do this the night before or early in the day.)
2. Brown beef cubes in oil.
3. In a large pan, combine beans, beef, water, onion, garlic, celery, salt, pepper and chili powder.
4. Cover and simmer for 1 hour until beans are tender.
5. Add tomatoes and simmer for another hour.

BEAN AND KNOEPHLA SOUP

Nutrition Note: This recipe makes 8 servings Each serving has 247 calories, 2 g fat, 15 g protein, 43 g carbohydrates, 10 g fiber, 144 mg calcium, 151 mcg folate, 740 mg potassium, and 475 mg sodium.

Ingredients:

1 pound (2 cups) dry pinto or great northern beans
Leftover ham broth and pieces of ham OR 2 ham hocks and a slice of ham, diced
10 cups cold water
1 small onion
Nickel-sized clove of garlic
1 stalk of celery
1 large carrot
½ teaspoon black pepper
1 can (14-or 16-ounce) tomatoes
Knoephla

Method:

1. Sort and rinse dry beans. Hot soak dry beans.
2. Cover beans with 10 cups fresh, cold water. Add ham and broth or hocks.
3. Chop garlic, onion, celery and carrot. Add chopped vegetables to beans and ham. Add dill and pepper; stir. Cover and simmer one hour, until beans are tender.
4. If hocks or bones were used, remove from soup. Remove meat, cut up and return to soup. Discard bones, skin, gristle and fat.
5. Add tomatoes and stir. As soup reheats, make knoephla.

(continued)

BEAN AND KNOEPHLA SOUP (continued)

Knoephla Ingredients:

1	cup all-purpose flour	¼	cup water
¼	teaspoon salt	1	egg
¼	teaspoon baking powder		

Method:

1. Mix dry ingredients in a small bowl.
2. Use a fork to mix egg and water in a measuring cup.
3. Pour liquid into dry ingredients and mix.
4. Spread ¼ cup flour on the counter and knead dough until smooth.
5. Divide dough into six or eight pieces. Roll between hands into long, thin pieces (smaller than your little finger). Use a small amount of flour to prevent dough from sticking to hands and counter.
6. Cut with a scissor into small (approximately ½") pieces. Shake flour off knoephla.
7. As soup simmers, stir in a hand full of knoephla; repeat until all are added.
8. Cover and simmer an additional 30 minutes. Knoephla will float at first, then sink down into the soup as they cook.

SPLIT PEA SOUP

Nutrition Note: This recipe makes 6 servings Each serving has 328 calories, 1 g fat, 26 g protein, 54 g carbohydrates, 1 g fiber, 12 mg calcium, 5 mcg folate, 233 mg potassium, and 392 mg sodium.

Ingredients:

- 1 pound dry split peas
- 1 medium onion, diced
- 1 potato, peeled and cubed
- 1 carrot, cubed
- 1 cup cooked smoked meat (like lean ham)
- 2 tablespoons chicken bouillon granules
- 8 cups water

Method:

1. Wash and sort the green peas (split peas do not need soaking).
2. Combine all ingredients and simmer 1½ hours or until peas are mushy. Stir frequently to avoid
   scorching.
3. Crockpot: Cook on low 3 to 10 hours.

HAMBURGER VEGETABLE LENTIL SOUP

Nutrition Note: This recipe makes 8 servings Each serving has 142 calories, 1 g fat, 10 g protein, 27 g carbohydrates, 5 g fiber, 38 mg calcium, 49 mcg folate, 533 mg potassium, and 776 mg sodium.

Ingredients:

- 1 pound lean ground beef
- 4 cups water
- 1 cup lentils (rinsed)
- 1 cup diced carrots
- 1 cup diced cabbage
- 1 cup chopped celery
- ½ cup chopped onion
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 bay leaf
- 1 can (48-ounce) tomato juice

Method:

1. Brown ground beef; drain off fat.
2. Add water. Bring to a boil.
3. Add the rest of the ingredients except the tomato juice.
4. Bring to a boil, reduce heat and simmer 1½ hours.
5. Remove the bay leaf.
6. Add tomato juice; simmer another 10 minutes.

This soup freezes well.

NORTHARVEST NINE BEAN SOUP MIX

Nutrition Note This recipe makes 12 packages dry soup mix Each package has 1,681 calories, 8 g fat, 101 g protein, 316 g carbohydrates, 87 g fiber, 517 mg calcium, 1,717 mcg folate, 5,289 mg potassium, and 46 mg sodium.

Ingredients:

One pound each Northarvest dry bean class: Pinto, Navy, Dark Red Kidney, Light Red Kidney, Black, Great Northern, Small Red, Pink and Cranberry

One pound each: lentils and split peas

One pound each: barley, wheat berries, and oat groats (grains are available in a health or natural food store or local farm)

Method:

1. Combine beans and grains in a large, clean bowl or bucket.
2. Measure approximately 2¼ cups into quart-size plastic zipper bags.
3. Seal and store in a dark, cool place.

NORTHARVEST NINE BEAN SOUP

Nutrition Note: This recipe makes 12 servings Each serving has 197 calories, 1 g fat, 10 g protein, 39 g carbohydrates, 10 g fiber, 26 mg calcium, 14 mcg folate, 449 mg potassium, and 376 mg sodium.

Ingredients:

- 1 package Northarvest Nine Bean Soup Mix
- 10 cups fresh, cold water
- 1 teaspoon salt
- 8 cups fresh, cold water
- 2 large potatoes, diced
- 3 large carrots, diced
- 2 ribs celery, diced
- 1 large onion, diced
- 1 teaspoon dry garlic
- 1 teaspoon liquid smoke

Optional: Other chopped vegetables such as peppers, broccoli, cauliflower, cabbage, etc.
Optional: 1 pound cooked, chopped low-fat meat

- 1 6-ounce can tomato paste
- ½ 8-ounce jar chicken, turkey or beef soup base

Method:

1. Hot soak Northarvest Nine Bean Soup Mix (page 146) 4 to 16 hours to reduce gas.
2. Drain beans. Rinse both beans and pot with fresh water.
3. Return beans to pot. Add 8 cups water. Add vegetables and meat.
4. Simmer 1-1½ hours, until navy beans are tender.
5. Add tomato paste and soup base. Simmer 10 to 30 minutes.

NINE BEAN SOUP

Nutrition Note: This recipe makes 8 servings Each serving has 298 calories, 4 g fat, 23 g protein, 45 g carbohydrates, 13 g fiber, 24 mg calcium, 6 mcg folate, 61 mg potassium, and 839 mg sodium.

Ingredients:

- 1 package Northarvest Nine Bean Soup Mix (page 146)
- 8 cups cold water
- 1 pound ham, diced (optional)
- 1 large onion, cleaned and chopped
- 1 clove garlic, minced or ½ teaspoon dry garlic
- 1 16-ounce can diced tomatoes
- 1 10-ounce can tomatoes and green chilies

Method:

1. Sort and wash bean mix in a colander or strainer.
2. Place in a Dutch oven; cover with cold water 2 inches above the beans.
3. Cover with lid and set aside (soak) overnight, or use Hot Soak instructions 4 to 16 hours, to reduce gas). Drain bean mix; add water, salt, ham, onion and garlic.
4. Simmer until navy beans (smallest white beans) are tender, 1½ to 2 hours.
5. Add tomatoes and tomatoes and chilies and simmer 30 minutes to blend flavors.
6. Stir occasionally. Serve hot.

DAVE'S CHILI

Dave Kaiser, Edina, MN, Grand Prize Recipe Winner Minnesota

Nutrition Note This recipe makes 8 servings Each serving has 436 calories, 28 g fat, 24 g protein, 22 g carbohydrates, 6 g fiber, 79 mg calcium, 53 mcg folate, 855 mg potassium, and 1,168 mg sodium.

Ingredients:

- 1 pound hot Italian sausage, casings removed
- ½ pound lean ground beef
- ½ pound ground pork
- 8 sweet cherry peppers, seeded and chopped
- 2 jalapeño chiles, seeded and chopped
- 1 can (14.5-ounce) diced tomatoes
- 1 can (6-ounce) tomato paste
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- ½ teaspoon coriander
- ½ teaspoon white and cayenne pepper
- 1¾ cups water
- 1 can (15.5-ounce) pinto beans, rinsed and drained
- 1 cup crushed tortilla chips

Method:

1. Cook meats in a Dutch oven or heavy pot over medium heat until browned, about 10 minutes. Drain fat. Stir in cherry peppers and chilies; cook 3 minutes longer.
2. Stir in tomatoes and liquid, tomato paste, chili powder, onion powder, coriander, peppers and water. Heat to boiling; reduce heat and simmer, covered, 15 minutes.
3. Stir in beans and tortilla chips; season to taste with salt. Ladle chili into bowls and serve with assorted garnishes: diced tomatoes, avocados, red onion, cilantro, shredded cheese.

ROUGH RIDER CHILI

Dave Prosser, Fargo, ND, Grand Prize Chili Recipe Winner North Dakota

Nutrition Note This recipe makes 12 servings Each serving has 472 calories, 25 g fat, 34 g protein, 27 g carbohydrates, 9 g fiber, 90 mg calcium, 73 mcg folate, 1,082 mg potassium, and 812 mg sodium.

Ingredients:

- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 3 cloves garlic, sliced
- 2 tablespoons vegetable oil
- 3 pounds lean ground beef
- Chili Spice Mixture (recipe follows)
- 2 cans (15.5-ounce) kidney beans
- 1 can (28-ounce) diced tomatoes
- 1 can (8-ounce) tomato sauce
- 1 can (6-ounce) tomato paste
- 1 can (4-ounce) chopped green chilies
- 1½ cups dark beer
- 2 teaspoons Worcestershire sauce
- 3-4 drops hot pepper sauce
- 1-1½ teaspoons salt

Assorted garnishes: shredded cheese, sliced green onions, sour cream

(continued)

Method:

1. Sauté onion, celery, green pepper and garlic in oil in a large Dutch oven until tender, about 5 minutes.
2. Stir in beef. Cook over medium heat until browned; about 10 minutes; drain fat.
3. Stir in Chili Spice Mixture and remaining ingredients, except garnishes.
4. Heat to boiling. Reduce heat and simmer, covered, 2½ to 3 hours. Stir occasionally.
5. Ladle chili into bowls. Serve with assorted garnishes.

Chili Spice Mixture

Ingredients:

3	tablespoons chili powder	1	teaspoon unsweetened cocoa powder
1	tablespoon ground cumin	1	teaspoon cayenne powder
1	tablespoon dried oregano leaves	½-1	teaspoon sugar

Method:

Combine all ingredients in a cup or small bowl.

LENTIL CHILI

Nutrition Note This recipe makes 6 servings Each serving has 151 calories, less than 1 g fat, 11 g protein, 28 g carbohydrates, 6 g fiber, 24 mg calcium, 5 mcg folate, 333 mg potassium, and 642 mg sodium.

Ingredients:

- 1 cup lentils, rinsed
- 5 cups water
- 1 can (6-ounce) tomato paste
- 1 tablespoon chili powder
- 1 tablespoon onion flakes
  or ½ cup chopped onion
- 1 teaspoon cumin (optional)
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 garlic clove or ½ teaspoon garlic powder

Method:

1. Simmer lentils in water for about 30 minutes.
2. Add rest of ingredients.
3. Simmer another 30 minutes.

NORTHARVEST THREE-CAN CHILI

Nutrition Note: This recipe makes 4 servings Each serving has 211 calories, 1 g fat, 9 g protein, 46 g carbohydrates, 11 g fiber, 77 mg calcium, 115 mcg folate, 752 mg potassium, and 921 mg sodium.

Ingredients:

- 1 can (15-ounce) pinto or kidney beans
- 1 can (14-ounce) tomatoes, diced, whole or stewed
- 1 can (15-ounce) corn
- 2-3 teaspoons chili powder

Optional additions:

- ½ teaspoon cumin
- ½ teaspoon oregano
- 2 teaspoons onion powder or 1 onion, chopped and sautéed

Method:

1. Pour cans of beans, tomatoes and corn with liquid into a medium-size pan. If whole tomatoes are used, cut tomatoes into pieces before adding. Stir.
2. Add chili powder, and other spices and onion, as desired.
3. Simmer 10 minutes. Taste; add more chili powder ½ teaspoon at a time, if desired.
4. Serve with crackers or cornbread.
5. For 5 servings, add another can of beans and double all the spices, or 1 can (15-16 ounce) chili beans.

NORTHARVEST FOUR-WAY CHILI

Nutrition Note This recipe makes 10 servings Each serving has 521 calories, 12 g fat, 31 g protein, 73 g carbohydrates, 11 g fiber, 219 mg calcium, 204 mcg folate, 977 mg potassium, and 935 mg sodium.

Ingredients:

- 1 pound extra-lean hamburger
- 4 cloves garlic, peeled and finely chopped
- 2 large onions, peeled and finely chopped
- 3 cans (15½-ounce) pinto beans (or 1 pound dry pinto beans, soaked and cooked to tender, plus 1 teaspoon salt)
- 2 cans (8-ounce) tomato sauce
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons oregano, crushed
- 2 teaspoons paprika
- 1 tablespoon beef bouillon granules
- 1 tablespoon molasses
- 1 tablespoon vinegar
- 1 pound spaghetti (uncooked)
- 5 ounces reduced-fat cheddar cheese, shredded
- 5 green onions (both bottom and top)
- 3 medium tomatoes, chopped (or salad-quality canned tomato wedges)
- 5 ounces saltine crackers

(continued)

NORTHARVEST FOUR-WAY CHILI (continued)

Method:

To prepare chili:

1. Brown hamburger in a heavy skillet. Add garlic and onions; cook until onion is clear. Drain fat.
2. Place hamburger mixture in a crockpot set on low. Add beans and liquid, tomato sauce, spices, beef bouillon, molasses and vinegar. Stir thoroughly.
3. Cover crockpot and cook 4 to 8 hours; stir occasionally.

To serve:

4. Cook spaghetti according to directions on box; drain.
5. Chop green onions and tomatoes and put into small serving bowls.
6. Dish up individual servings of Northarvest Four-Way Chili. Put ¾ cup spaghetti in a bowl and ladle 1 cup of chili over it. Top with 2 tablespoons cheese, ½ green onion, ¼ tomato and 5 crumbled saltine crackers. Enjoy!
7. Chili may be cooled and refrigerated for up to 5 days. Reheating improves flavor.

SAUSAGE, SHRIMP AND BEAN GUMBO

Nutrition Note: This recipe makes 6 servings Each serving has 285 calories, 8 g fat, 21 g protein, 33 g carbohydrates, \7 g fiber, 111 mg calcium, 90 mcg folate, 558 potassium, and 346 mg sodium.

Ingredients:

- ¼ cup all-purpose flour
- 1 tablespoon canola oil
- 4 cloves garlic
- 1 large onion
- 1 large green pepper
- 2 stalks celery
- 2 14-ounce cans chicken broth
- 1 14-ounce can diced tomatoes, drained and rinsed or 2 cups fresh
- 1 14.5-ounce can sliced okra, drained or 2 cups fresh
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 2 bay leaves
- ½ cup instant brown rice
- 1 15-16 ounce can navy, great northern or cannellini beans, drained and rinsed
- 4 ounces andouille or other spicy sausage
- 8 ounces cooked or raw shrimp

(continued)

SAUSAGE, SHRIMP AND BEAN GUMBO (continued)

Method:

1. Preheat oven to 400° F. Spread flour in a flat pan and bake for 20 minutes until golden. Re move from oven.
2. Meanwhile, in a large, heavy frying pan, stockpot or Dutch oven, heat oil over medium heat. Mince garlic and sauté. Chop onion, green pepper and celery, add and stir each one into the mixture as they are prepared.
3. Stir the browned flour in, mixing thoroughly. Add the chicken broth, a little at a time, stirring to thoroughly combine. Add tomatoes, okra, herbs, rice and beans. Slice the sausage into thin rounds and add. Stir, cover and simmer for 15 minutes.
4. Remove and discard shrimp tails. Add shrimp to the gumbo. Heat through, 2 or 3 minutes. If raw shrimp are used, remove tails and simmer 5 minutes to cook.
5. Remove and discard bay leaves. Serve with hot sauce, if desired.
6. Refrigerate or freeze leftovers. Reheat only once. Discard leftovers.

AFTERNOON BEAN AND TURKEY SOUP

Nutrition Note: This recipe makes 8 servings Each serving has 144 calories, 1 g fat, 7 g protein, 28 g carbohydrates, 7 g fiber, 74 mg calcium, 109 mcg folate, 530 mg potassium, and 1,082 mg sodium.

Ingredients:

- 1-2 turkey carcasses
- ½ cup dry light red kidney beans
- ½ cup small red beans
- 2 small or 1 large onion, chopped
- 1-2 cups peeled and sliced carrots
- ¼ green or sweet red pepper
- 4 stalks of celery and heart, including any leaves that are fresh and green
- 1½ teaspoons dry thyme
- 1 teaspoon ground turmeric
- 1 teaspoon seasoned salt
- 2 teaspoons salt
- 1 tablespoon dry parsley or ½ cup fresh
- ½ cup brown rice or whole grain

Method:

1. 1:00 p.m.: Put 1 or 2 turkey carcasses in a large stockpot. Cover with water.
2. Simmer 1 to 2 hours.
3. 3:00 p.m.: Sort and rinse beans. Add beans to the pot. Stir and simmer.
4. 4:00 p.m.: Remove turkey from the pot to a platter; cool. Stir the pot to check for bones and gristle; remove. Add vegetables, herbs and spices to the pot. Simmer.

(continued)

AFTERNOON BEAN AND TURKEY SOUP (continued)

5. Pull turkey apart; discard bones, gristle and skin. Set meat aside, cut into bite-size pieces.
6. 5:00 p.m.: Return meat to pot. Rinse brown rice in a sieve and add to the soup. Simmer.
7. 6:00 p.m.: Serve with crackers or whole wheat bread, a glass of milk and fruit dessert.
8. Refrigerate or freeze and label any leftovers for future use.

FRESH VEGETABLE AND BEAN SOUP

Nutrition Note: This recipe makes 6 servings Each serving has 165 calories, 5 g fat, 8 g protein, 23 g carbohydrates, 8 g fiber, 64 mg calcium, 78 mcg folate, 450 mg potassium, and 480 mg sodium.

Ingredients:

- 2 cans (14-ounces each) chicken or beef broth
- 2 tablespoons olive oil
- 1 medium onion
- 2 stalks celery
- 2 carrots
- 1 cup fresh or frozen green peas
- 1 can (15.5 ounce) beans, drained and rinsed
- ½ cup rosmarina or other small pasta
- 1 tablespoon dry basil
- ½ teaspoon thyme

Method:

1. Pour broth into a 2-quart saucepan. Heat to a simmer.
2. Meanwhile, heat a medium-size skillet. Add oil. Clean and chop fresh vegetables in the order they are listed. As each is prepared, add it to the skillet. Stir. Cook another 3 to 5 minutes.
3. Add sautéed vegetables, peas, beans, pasta and herbs to broth. Simmer 15 to 30 minutes.

CHILI DOG STEW

Nutrition Note: This recipe makes 6 servings Each serving has 206 calories, 4 g fat, 15 g protein, 26 g carbohydrates, 6.5 g fiber, 16 mg calcium, 3 5 mcg folate, 28 potassium, and 243 mg sodium.

Ingredients:

- 1 tablespoon vegetable oil or cooking spray
- 1 14–16 ounce package 98% fat free turkey wieners
- 1 small onion, chopped fine
- 1 11-ounce can bean and bacon soup
- 1 14-15 ounce can diced tomatoes
- ½ – 1 ¼ cups water
- 1 15-16 ounce can vegetarian with beans 99% fat free chili
- 1 teaspoon prepared mustard
- ½ teaspoon liquid smoke
- 1 teaspoon chili powder, optional

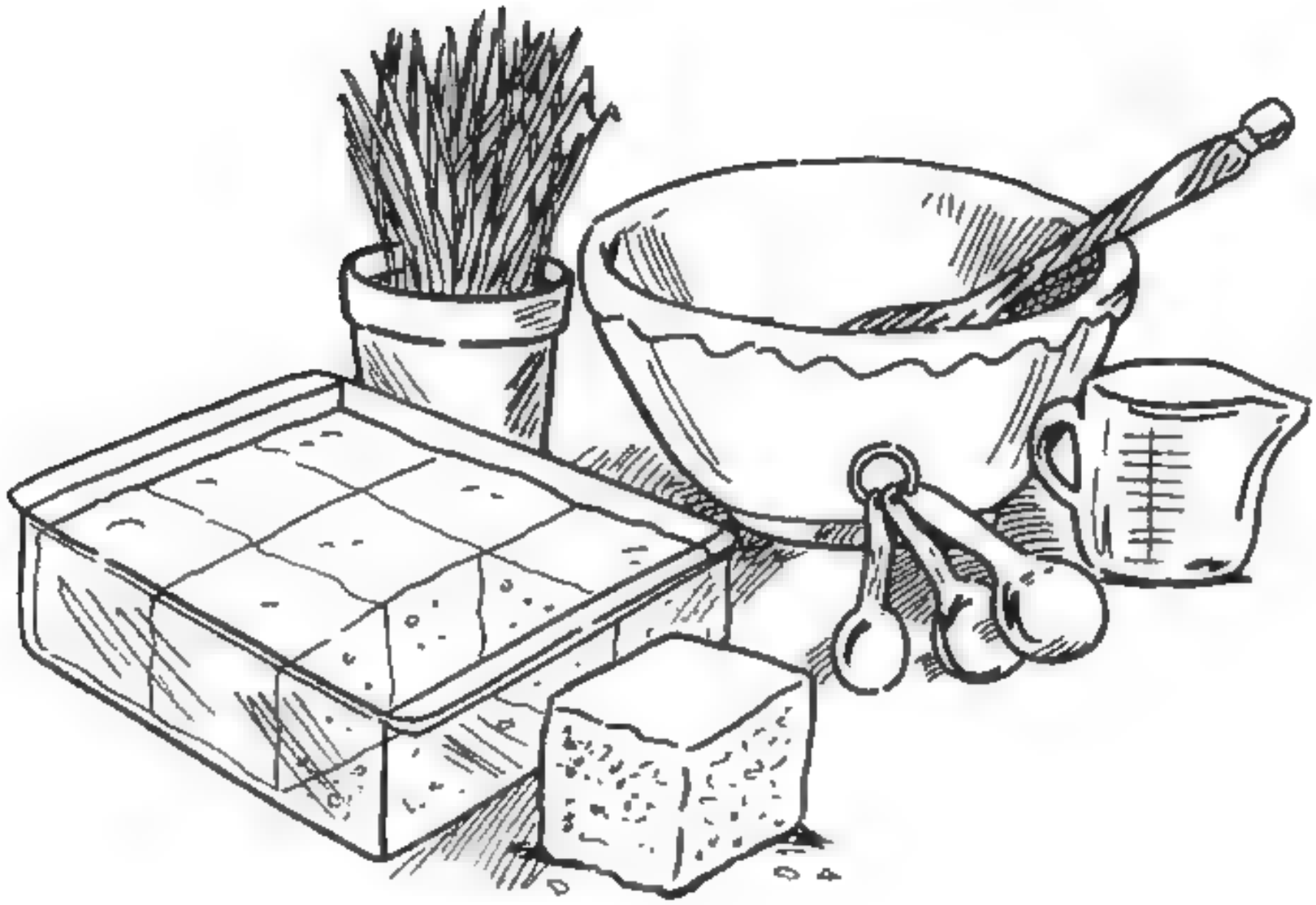
Method:

1. Heat medium to large frying pan, add oil and spread around the pan. Brown wieners on all sides, turning often. Remove wieners to a cutting board.
2. Add onion to the frying pan and sauté, stirring to cook evenly. Cut wieners into ½ inch pieces.
3. Put onion and wieners into a 4 – 6 quart pot. Add remaining ingredients, stir. Heat to a simmer Stir occasionally.
4. Serve hot with cornbread or whole grain crackers, fruit and milk.

Optional.

Use leftover cooked or grilled wieners, skip the browning step. Substitute ¼ cup dried onion for the fresh, chopped onion. Substitute a can of tomato soup, tomato sauce, tomatoes with jalapeño chiles or 2 cups tomato juice for diced

Miscellaneous



tomatoes. For a thicker stew, omit the water. Stir carefully and often. Serve over cornbread or hot dog buns.

tomatoes. For a thicker stew, omit the water. Stir carefully and often. Serve over cornbread or hot dog buns.

NORTHERN STYLE REFRIED BEANS (continued)

Start here for canned or leftover beans:

3. Pour the oil into a heavy frying pan. Add diced onion, stir and cook until onion edges are golden brown. Pour the oil through a strainer into heat proof container to remove onions.
4. Drain beans, discard liquid.
5. Pour beans into a crockpot, add hot sauce, salt, milk and flavored oil. Stir. Cook on high 3 or 4 hours, then low until almost ready to serve.
6. Pinto Beans: Process, blend or mash ⅔ or ¾ beans with a large spoon. Add bean liquid as needed.
7. Leave ⅓ to ¼ of the beans whole to add texture. Return mashed beans to crockpot.
   Black Beans: Skip mashing to retain texture and eye-appeal.
8. Stir cheese into the pureed beans. Serve.

Alternate method: Cook beans in a heavy skillet on stovetop instead of crockpot.
Stir and mash often to prevent burning as liquid evaporates.

Optional: Use fresh or soaked dried chiles, different hot sauce, Asadero cheese.

CASSEROLE SAUCE MIX

This is a "Casserole Sauce Mix" recipe developed by a food and nutrition specialist at Iowa State University, Ames, Iowa. Using it cuts the cost in half, reduces calories, fat and sodium, and because of the dry skim milk, the protein content is increased. A no-salt-added bouillon can reduce the sodium even further. This sauce mix can be substituted for creamed, condensed soups, (mushroom, chicken, etc.) and meets the requirements of the cardiac and other fat-restricted diets that many people are asked to eat today.

Nutrition Note This recipe makes 9 servings Each serving has 147 calories, 1 g fat, 10 g protein, 25 g carbohydrates, less than 1 g fiber, 343 mg calcium, 15 mcg folate, 500 mg potassium, and 639 mg sodium.

Ingredients:

- 2 cups nonfat dry milk
- ¾ cup cornstarch
- ¼ cup instant chicken bouillon
- 2 tablespoons dried onion, flakes or chopped
- ½ teaspoon ground pepper

Method:

1. Put the ingredients into a quart-size glass jar with a tight-sealing lid. Shake to mix.
2. An herb sauce mix may be made by adding 1 teaspoon ground dry thyme and 1 teaspoon ground dry basil to recipe.

(continued)

LEAN "REFRIED" BEANS

Nutrition Note This recipe makes 7 servings Each serving has 59 calories, 1 g fat, 3 g protein, 11 g carbohydrates, 3 g fiber, 29 mg calcium, 38 mcg folate, 173 mg potassium, and 234 mg sodium.

Ingredients:

- 1 can (15 -ounce) pinto beans (or 1⅔ cups cooked)
- ½ teaspoon garlic powder, or dry or fresh minced garlic
- ½ teaspoon onion powder
- ½ teaspoon liquid smoke
- 2 drops hot pepper sauce
- 2 tablespoons catsup

Method:

1. Drain and rinse beans. Pour beans out on a plate; mash with a fork.
2. Add the rest of the ingredients; mix thoroughly.
3. Refrigerate for several hours or overnight so that the flavors can mellow and combine.

The seasonings and quantities in this recipe may be varied according to personal taste; for example, ½ teaspoon chili powder would add color and hotter taste.

NORTHERN STYLE REFRIED BEANS

Nutrition Note This recipe makes 12 servings Each serving, using skim milk, has 379 calories, 25 g fat, 14 g protein, 27 g carbohydrates, 8 g fiber, 226 mg calcium, 155 mcg folate, 409 mg potassium, and 381 mg sodium.

Ingredients:

1 pound (2 cups) dry pinto or black beans OR three or four 15 to 16-ounce cans beans, drained and rinsed

Fresh, cold water

1 cup canola or cooking olive oil
1 large onion, cleaned and diced
¼ cup green Tabasco sauce
1 teaspoon salt
2 cups milk
1 8-ounce package (2 cups) shredded Colby-Monterey Jack cheese

Method:

1. Pinto Beans: Hot soak beans 4 – 16 hours.
2. Drain and rinse beans. Rinse out the pot. Pour beans back into the pot, cover with fresh, cold water about 1 inch above the beans. Simmer until beans are tender.
   Black Beans: Skip the hot soak. It will cause substantial loss of black color. Cover beans with 6 cups fresh, cold water and simmer until tender, 1 ½ to 2 hours. **(continued)**

CASSEROLE SAUCE MIX (continued)

To substitute for 1 can of soup:

1. Combine ⅓ cup mix with 1 cup water.
2. Heat until thickened.
3. For variety add mushrooms, or onions, or celery or bits of meat.

CASSEROLE SAUCE MIX (continued)

To substitute for 1 can of soup:

1. Combine ⅓ cup mix with 1 cup water.
2. Heat until thickened.
3. For variety add mushrooms, or onions, or celery or bits of meat.

CORNBREAD

Nutrition Note This recipe makes 16 servings Each serving has 113 calories, 4 g fat, 3 g protein, 16 g carbohydrates, 1 g fiber, 40 mg calcium, 34 mcg folate, 46 mg potassium, and 191 mg sodium.

Ingredients:

1	cup cornmeal	½	cup sugar
1	cup all purpose flour	2	large eggs
1	teaspoon salt	½	cup oil
1	teaspoon baking powder	1	cup skim milk

Method:

1. In a medium-sized mixing bowl, combine dry ingredients.
2. Add liquid ingredients and mix thoroughly.
3. Grease an 8x8-inch baking pan; pour batter into pan.
4. Bake at 400° for 25 minutes until golden brown.

Serve hot with margarine or butter, honey and large bowl of chili.

RED SALSA

Nutrition Note This recipe makes 32 servings Each serving has 20 calories, less than 1 g fat, 1 g protein, 4 g carbohydrates, 1 g fiber, 13 mg calcium, 6 mcg folate, 177 mg potassium, and 300 mg sodium.

Ingredients:

- 6 8-ounce cans (or three 15-ounce cans) tomato sauce
- 1 16-ounce can stewed tomatoes
- ½ teaspoon garlic powder, or dry or fresh minced garlic
- ¼ teaspoon hot sauce
- ½ teaspoon oregano, crushed
- 1 small onion, minced
- 1 small green pepper, minced
- 1 tablespoon cumin
- 1 tablespoon lemon juice
- 1 small can finely chopped jalapeño chiles (use more or less according to personal preference)

Method:

1. Combine ingredients in a large bowl.
2. Refrigerate to combine flavors.

SUPER BEAN DIP

Nutrition Note This recipe makes 20 servings Each serving has 88 calories, 5 g fat, 5 g protein, 8 g carbohydrates, 1 g fiber, 115 mg calcium, 17 mcg folate, 127 mg potassium, and 150 mg sodium.

Ingredients:

- 1 cup *Lean Refried Beans* (page 165)
- 1 8-ounce container Mexican bean dip
- 1 8-ounce container low-fat sour cream
- 1 cup chopped tomatoes
- ½ cup chopped ripe olives
- ½ cup chopped green onion
- 2 cups grated low-fat sharp cheddar cheese
- Pita bread, raw vegetables or tortilla chips

Method:

1. Spread Lean Refried Beans on a large plate.
2. Combine dip and sour cream in a small bowl and spread over beans.
3. Layer tomatoes, ripe olives, green onion and cheese over dip.
4. Serve with wedges of pita bread, raw vegetables or fat-free tortilla chips.

BEAN AND CHEESE DIP

Nutrition Note This recipe makes 20 servings Each serving has 88 calories, 6 g fat, 4 g protein, 4 g carbohydrates, less than 1 g fiber, 123 mg calcium, 6 mcg folate, 110 mg potassium, and 423 mg sodium

Ingredients:

- 1 16-ounce jar processed cheese spread (*Cheese Whiz*)
- 1 10-ounce can bean and bacon soup
- 2 green onions, minced
- 2 drops liquid hot sauce
- ¼ teaspoon garlic powder, or dry or fresh minced garlic
- 1 8-ounce container low-fat sour cream

Method:

1. Combine soup and cheese spread.
2. Add onions, hot sauce and garlic; stir. Add sour cream; stir thoroughly.
3. Serve with raw vegetables. Refrigerate leftovers.

CHILI BEAN DIP

Nutrition Note This recipe makes 16 servings Each serving has 29 calories, less than 1 g fat, 2 g protein, 5 g carbohydrates, 1 g fiber, 9 mg calcium, 29 mcg folate, 94 mg potassium, and 3 mg sodium.

Ingredients:

- 2 cups cooked kidney beans
- 1 tablespoon vinegar
- ½ teaspoon chili powder
- ¾ teaspoon ground cumin
- 2 teaspoons onion, very finely chopped
- 2 teaspoons parsley, chopped
- Raw vegetable sticks

Method:

1. Place beans, vinegar, chili powder and cumin in blender. Blend until smooth.
2. Remove mixture from blender. Stir in onion and parsley.
3. Serve with raw vegetable sticks.

BEANS AND BASKETBALLS DIP

Adapted from "Taco Pie" by Jean L. Stromstad, Y Cook?, YWCA Fargo-Moorhead

Nutrition Note This recipe makes 16 servings Each serving has 118 calories, 5 g fat, 8 g protein, 8 g carbohydrates, 2 g fiber, 51 mg calcium, 3 mcg folate, 142 mg potassium, and 442 mg sodium.

Ingredients:

- 1 pound lean ground beef
- 1 1.25-ounce envelope taco seasoning mix
- 1 16-ounce can refried beans (pinto or black)
- 1 cup (8 ounces) fat-free sour cream
- ½ cup salsa
- ½ cup shredded reduced-fat cheddar cheese
- Tortilla chips

Method:

1. Preheat oven to 325°.
2. Brown ground beef in skillet; drain grease.
3. Add taco seasoning mix and refried beans to ground beef. Stir thoroughly.
4. Grease a pie plate. Spoon beef mixture into plate.
5. Mix sour cream and salsa in a small bowl. Spoon mixture over beef and spread evenly. Sprinkle cheese on top.
6. Bake at 325° for 20 minutes, until heated through.
7. Let stand for 5 minutes before serving.
8. Serve hot with tortilla chips. Hot sauce or additional salsa is optional .

DILLY BEAN ROLLS

(Adapted from Dilled Bean Bread, *Bean Cookery*, by Sue and Bill Deeming, HP Books)

Nutrition Note This recipe makes 48 servings Each serving has 97 calories, 2 g fat, 3 g protein, 17 g carbohydrates, 2 g fiber, 10 mg calcium, 37 mcg folate, 82 mg potassium, and 323 mg sodium.

Starter Ingredients:

2 packages (2 tablespoons) active dry yeast
1 cup 110-115° water
1 cup bread flour

Dough Ingredients:

¼ cup cold-pressed canola oil
¼ cup finely minced or grated onion
2 teaspoons salt
1 tablespoon + 1 teaspoon dried dill weed
1 can (16-ounce) unseasoned refried pinto beans
1½ cups warm water
¼ cup sugar
1 "glug" liquid lecithin
2 eggs or ½ cup egg substitute
2 tablespoons gluten flour
3 cups whole-wheat flour
3 cups bread flour

Method:

Starter:

1. In mixer bowl, sprinkle yeast on hot water. Add flour and mix by hand with a whip until smooth.
2. Cover with a plate and set aside. Mixture will rise and fall in bowl. **(continued)**

Dough (4 to 8 hours later):

1. In a medium skillet, heat oil. Add the onion and sauté until tender and clear.
2. Stir in salt, dill and refried beans. Remove from heat and cool to 110°. A hotter temperature will kill the yeast.
3. Add water, sugar, lecithin, eggs, gluten, 2 cups whole-wheat flour, and onion-bean mixture to starter. Beat dough with mixer for four minutes.
4. If mixer has a mechanical kneading dough hook, use it to complete dough. If not, the following steps should be done by hand.
5. Stir in 1 cup whole-wheat flour; add remaining bread flour a cup a time until dough cleans the sides of the bowl.
6. Knead with mixer or on counter for 8 minutes, using up to 1 cup of additional flour.
7. Wash bowl and grease. Grease dough and return to bowl. Cover with waxed paper and a towel. Set aside to rise until double, 45 to 60 minutes.
8. Grease two 9x13-inch cake pans.
9. Divide dough in half. Use one half to make 24 small balls of dough, placing them in rows in the pan. Repeat for second pan.
10. Cover with pan lid or waxed paper and towel. Let rise until doubled, 30 to 45 minutes.
11. Bake at 350° for 30-35 minutes. Remove from pan to cooling rack. Oil tops. Cover with waxed paper and a towel until cool. Store and freeze tightly covered.

TEXAS CAVIAR

Nutrition Note This recipe makes 22 servings Each serving has 141 calories, 5 g fat, 5 g protein, 21 g carbohydrates, 5 g fiber, 42 mg calcium, 40 mcg folate, 166 mg potassium, and 495 mg sodium.

Ingredients:

- ½ cup sugar or Splenda
- ¼ cup oil
- 1 cup vinegar
- 1 15.5-ounce can pinto beans
- 1 15.5-ounce can black beans
- 1 15.5-ounce can navy beans
- 1 15.5-ounce can black-eyed peas
- 1 11-ounce can Shoepeg corn
- 1 5.75-ounce can black olives
- ½ cup green olives
- 1 4-ounce can diced green chilies
- 3 stalks celery
- 2 pickled jalapeno peppers
- Black pepper
- Baked "scoop" tortilla corn chips

Method:

1. Dressing: Combine sugar, ¼ cup oil and vinegar in a medium saucepan. Bring to a boil.
2. Pour into a 3-or 4-cup refrigerator container and chill.
3. Caviar: Drain and rinse 4 cans of beans and peg corn. Pour into a large bowl.
4. Slice the black and green olives. Finely chop celery and jalapeno peppers.
5. Add olives, celery, peppers, chilies and dressing to the beans and corn. Stir to combine.
6. Season with black pepper. Taste and adjust seasoning if desired. Chill.
7. Serve with baked scoop corn chips. Cover and refrigerate leftovers.

BEANIE KEENIE DESSERT SQUARES

Nutrition Note This recipe makes 9 servings Each serving has 286 calories, 7 g fat, 5 g protein, 56 g carbohydrates, 4 g fiber, 96 mg calcium, 29 mcg folate, 254 mg potassium, and 592 mg sodium.

Ingredients:

- 1 16-ounce can baked beans
- 1 cup water
- 2 7-ounce boxes gingerbread mix
- ½ cup finely-grated carrots
- 1 cup powdered sugar
- 1-2 tablespoons lemon juice

Method:

1. Drain baked beans in a sieve. Puree beans in a blender or food processor, gradually adding the cup of water.
2. Combine pureed beans and gingerbread mix in a mixing bowl. Beat with electric mixer or by hand for 2 minutes. Add carrots; beat 1 minute more.
3. Spread batter evenly in greased and floured 9-inch square baking pan.
4. Bake at 375° for 45-50 minutes until set.
5. Cool in pan 15 minutes.
6. Stir powdered sugar and lemon juice together in a small bowl until smooth. Drizzle over cake.
7. Cut into squares to serve. Top with whipped topping, if desired.

RAISIN CINNAMON MUFFINS

Nutrition Note This recipe makes 16 servings Each serving has 144 calories, 4 g fat, 4 g protein, 24 g carbohydrates, 3 g fiber, 63 mg calcium, 34 mcg folate, 96 mg potassium, and 114 mg sodium.

Ingredients:

- 1 15½-ounce can light red kidney beans OR 1¼ cups home-cooked beans*
- ¾ cup skim milk
- 2 egg whites (or 1 whole egg)
- ¼ cup canola oil
- ½ cup brown sugar
- ½ cup raisins (if raisins are dry, microwave with 1 tablespoon water until warm)
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/16 teaspoon ground cloves

Method:

1. Drain and rinse beans. Puree beans in food processor or blender, gradually adding milk.
2. Pour bean mixture into mixing bowl. Stir in egg whites, oil and brown sugar; add raisins.
3. Measure and combine dry ingredients; add to bean mixture. Stir until just moistened.
4. Use a ¼-cup measure to fill paper-lined muffin cups with dough.
5. Bake at 400° for 15 minutes, until golden brown.

*Any leftover, unseasoned cooked dry beans may be used.

NAVY BEAN OATMEAL CHOCOLATE CHIP COOKIES

Nutrition Note This recipe makes 54 servings Each serving has 94 calories, 3 g fat, 2 g protein, 16 g carbohydrates, 1 g fiber, 13 mg calcium, 25 mcg folate, 47 mg potassium, and 91 mg sodium.

Ingredients:

- 1 cup canned or home-cooked navy beans
- ½ cup butter or margarine
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 cups quick-cooking oatmeal
- 6 ounces (1 cup) chocolate chips

Method:

1. Drain navy beans; reserve 2 tablespoons liquid. Puree beans and liquid in food processor or blender until a thick paste is formed. Set aside.
2. Cream butter and sugar with mixer; add navy bean puree and continue to cream.
3. Add eggs and vanilla; blend well.
4. Mix flour, baking powder and soda in a small bowl. Add to mixture.
5. Stir in oatmeal and chocolate chips. Refrigerate dough for several hours.
6. Preheat oven to 375°.
7. Drop rounded tablespoons of dough onto a greased cookie sheet.
8. Bake 15-17 minutes or until golden brown.

BLACK BEAN BROWNIES

Nutrition Note This recipe makes 24 servings Each serving has 143 calories, 5 g fat, 2 g protein, 24 g carbohydrates, 1 g fiber, 17 mg calcium, 9 mcg folate, 42 mg potassium, and 177 mg sodium

Ingredients:

- ½ cup cocoa
- ½ cup butter or margarine
- 2 cups white sugar
- 1 cup canned or home-cooked black beans
- 4 eggs
- ⅔ cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon baking powder

Method:

1. Drain black beans; reserve 2 tablespoons liquid. Puree beans and liquid in food processor or blender until a thick paste is formed.
2. Mix cocoa, butter, sugar, black bean puree and eggs together in a bowl until well blended.
3. Mix flour, salt and baking powder together in a small bowl and stir into wet mixture.
4. Grease a 9x13-inch pan with cooking spray. Pour the batter into pan.
5. Bake 40 minutes at 350° or until brownies test done with a toothpick.
6. Frost with a sprinkling of powdered sugar. Cut into 24 bars.

PINTO BEAN APPLESAUCE RAISIN COOKIES

Nutrition Note This recipe makes 48 servings Each serving has 76 calories, 3 g fat, 1 g protein, 12 g carbohydrates, 1 g fiber, 15 mg calcium, 12 mcg folate, 57 mg potassium, and 122 mg sodium.

Ingredients:

- ¾ cup canned or home-cooked pinto beans
- 1 cup brown sugar
- ½ cup butter or margarine
- 2 eggs
- 1 teaspoon vanilla
- ¾ cup applesauce
- 2¼ cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ cup chopped walnuts
- ½ cup golden raisins

Method:

1. Drain pinto beans; reserve 2 tablespoons liquid. In a food processor or blender, puree pinto beans and liquid until thick and smooth. Set aside.
2. Cream sugar and shortening for 3 to 5 minutes. Add eggs and vanilla and blend well.
3. Add pureed pinto beans and applesauce; beat until fluffy.
4. Combine dry ingredients in a small bowl; add to creamed mixture and mix.
5. Stir in nuts and raisins. Refrigerate dough for several hours.
6. Preheat oven to 375°. Drop rounded tablespoons of dough onto greased cookie sheet.
7. Bake for 15 to 17 minutes or until golden brown. Cool on rack.

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INSIDE THE PYRAMID – TIPS
Using The Bean Cookbook

The USDA Dietary Guidelines for Americans 2005 and MyPyramid.gov encourage eating: More dark green and orange vegetables, legumes-beans, fruits, whole grains and low-fat milk and milk products AND Less refined grains, total fats (especially cholesterol, and saturated and trans fats), added sugars and calories.

With those healthier goals in mind: How can I possibly eat 2 to 3 cups of cooked beans each week? Turn Musical Fruit into Magical Fruit. Teach your body how to digest beans without discomfort. Slowly add beans to your meals, eat two tablespoons of canned beans each day for a week. Add another tablespoon each week for six weeks. Two months later, you're eating 3 cups a week—goal accomplished!

Beans count as a Lean Meat and Beans (protein) or Vegetable serving. You choose which food group to count the beans. Canned or cooked beans supply substantial amounts of protein, complex carbohydrates, fiber, vitamins and minerals with relatively few calories. One-quarter cup of beans counts as one ounce of protein. Vary your protein routine. Choose more beans, tofu, peanut butter, nuts, seeds, fish, poultry and lean meat to meet your protein requirement.

Use these ideas for a Vegetable (V) serving: ½ cup beans
OR Lean Meat and Beans (LMB) protein serving: 1 ounce of beans (¼ cup)
Your favorite canned fat free baked beans = ½ cup beans (1 V or 2 ounces LMB)

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